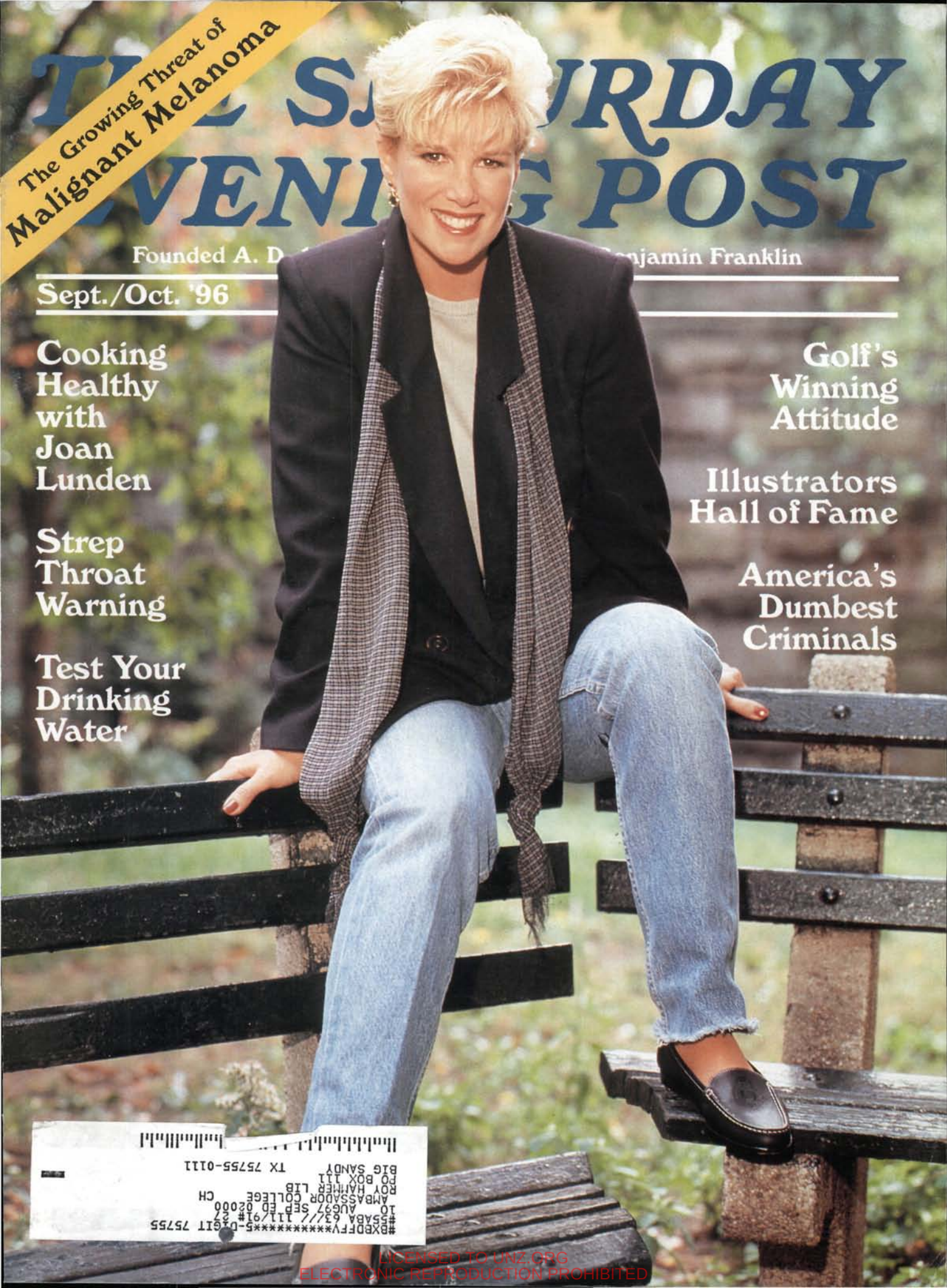
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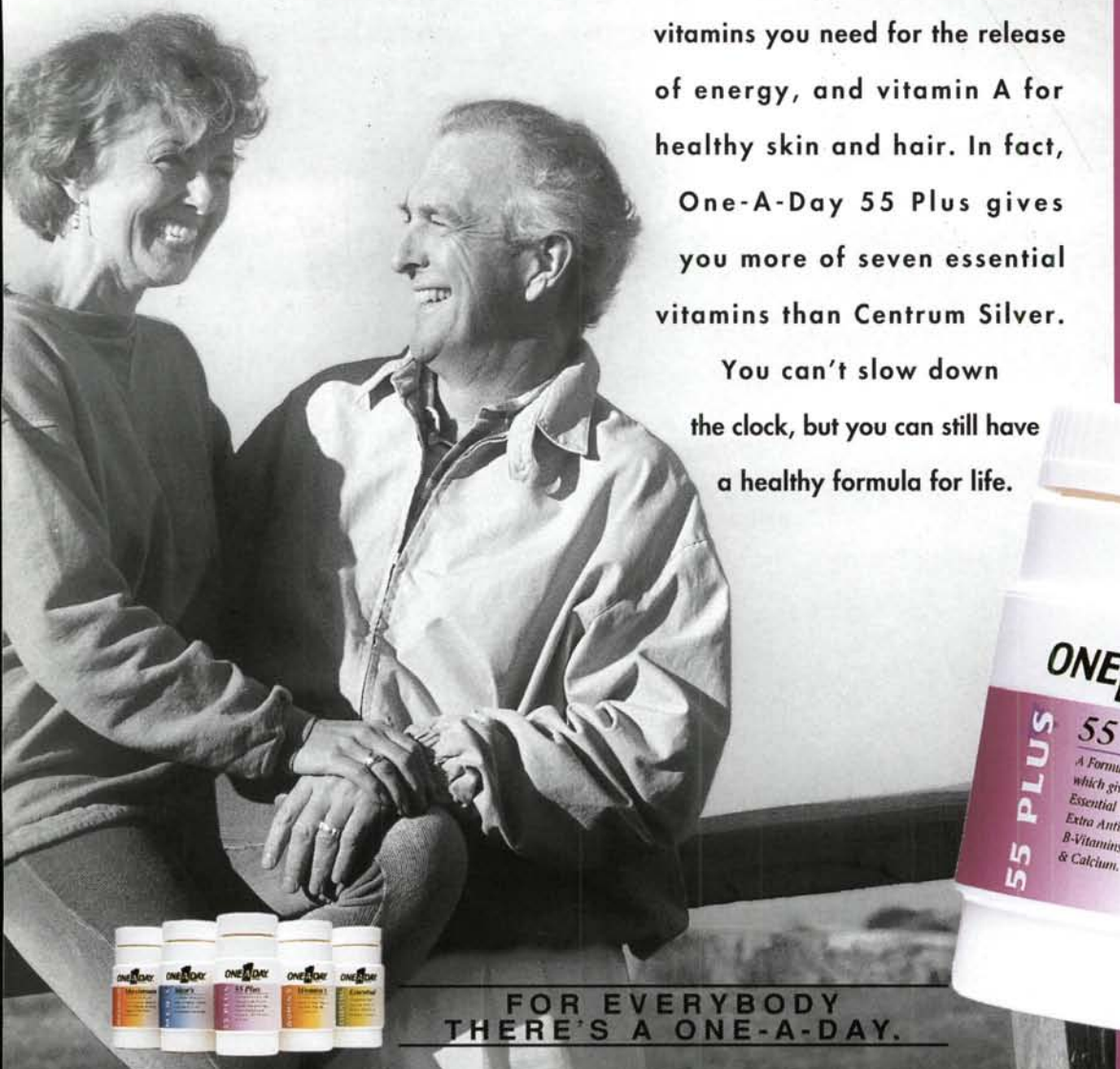
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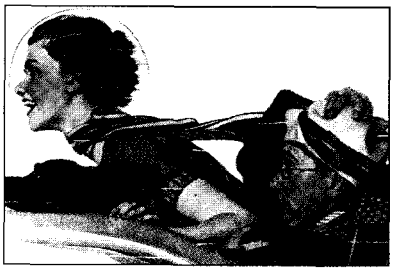
Joan Lunden's Healthy Cooking—The popular cohost of "Good Morning America" tackled the "seemingly impossible" task of losing weight with a sensible program of low-fat eating. 38



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THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover photo by ABC/Robert Milazzo)

The Saturday Evening Post (ISSN: 0048-9239) is published bimonthly by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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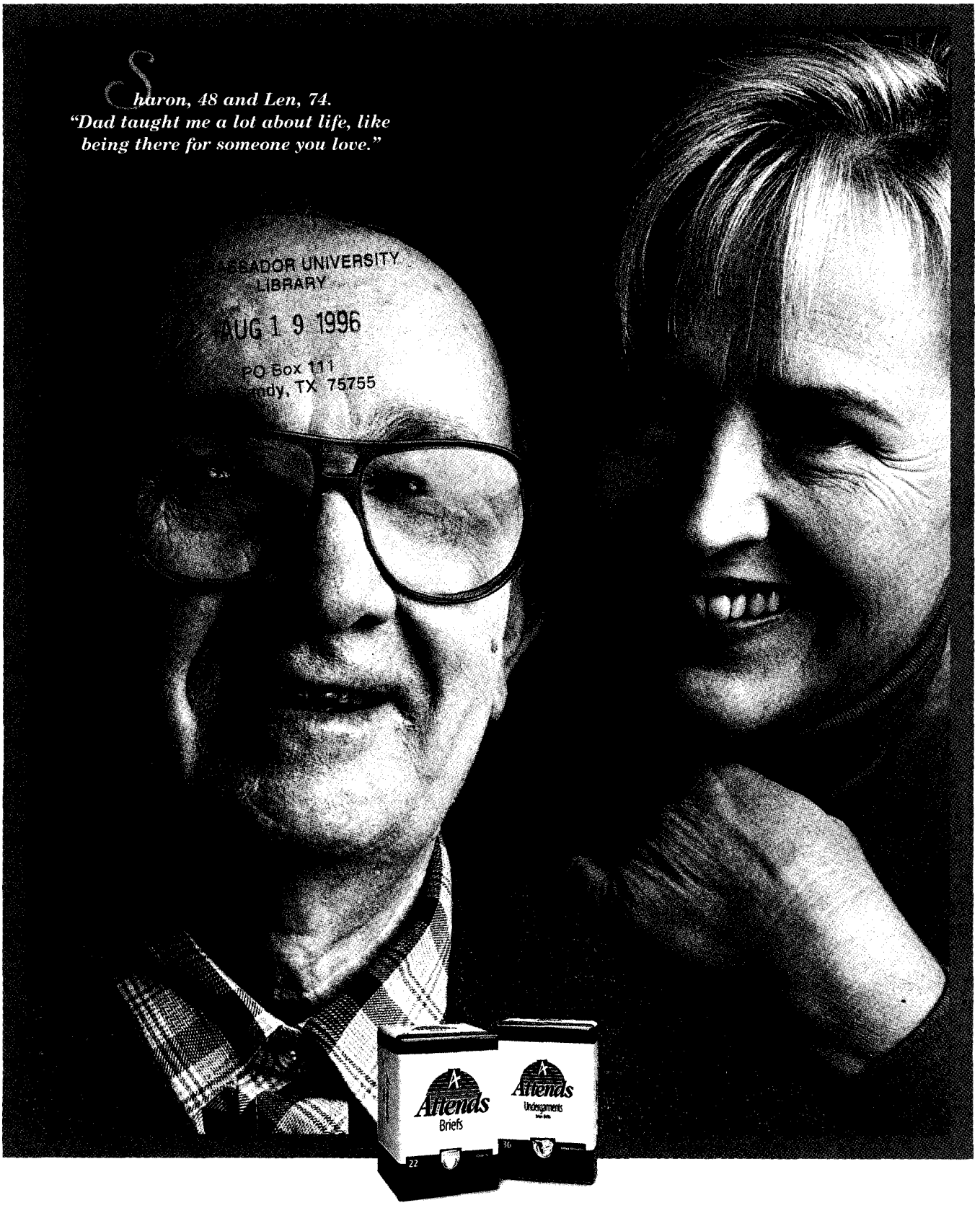

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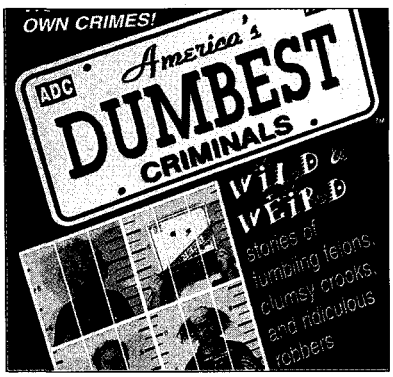

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Drinking-Water Alert—The slightest bacterial contamination can have drastic consequences for the elderly, the infirm, and those with compromised immune systems. **62**

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The Prince and the Pauper—Valeri Gorbachev illustrates a new read aloud version of Mark Twain's beloved tale about a poor boy and an aristocrat who trade places. **48**

Letters

Getting Smarter About Lysine

It was with great interest that I read the comments of Dr. Griffith's widow in my last issue of *The Saturday Evening Post*, and I would like her to know how much his work has helped me.

I've been plagued with a vicious outbreak of canker sores and painful herpes simplex on one side of my tongue. This all began September 1992, and it's still with me. However, the canker sores have disappeared and the burning pain on my tongue has lessened since taking lysine tablets.

My physician didn't know what to do, but he's glad that lysine helps. I even bought the December '95 issue with all the articles about this for him. Now he's smarter, too!

I would like to send my appreciation for your articles about the work being done for people like me. (I've even had a biopsy of my tongue to try to see what was wrong.) So thank you for helping me to understand my pain.

Lucy Brown
Indianapolis, Indiana

My husband and I are new subscribers to your magazine. I was especially interested in your articles on lysine in your Nov./Dec. issue.

My daughter has been one of those persons that has suffered with cold sores all her life. Now with lysine she is free of this problem.

My sister has been a diabetic for 50 years. She developed a severe sore tongue and mouth. Her doctor prescribed lysine, and her mouth has healed.

For the past ten years I have been on medication for depression. This caused dry lips and the bottom lip had been cracked open for years. So I started taking lysine. My lip now is healed.

Keep up the good reporting.

Martha H. Smith
Tyrone, Pennsylvania

What Happened to Billy?

In your March/April issue, you had a full-page ad and a long article on the Billy Graham World Wide Crusade, which was to take place on Sunday, April 14. The ad said to watch for a television broadcast on prime time.

I made every effort to find this broadcast in the newspaper, as well as the *TV Guide*, but there was no mention made of any such broadcast on

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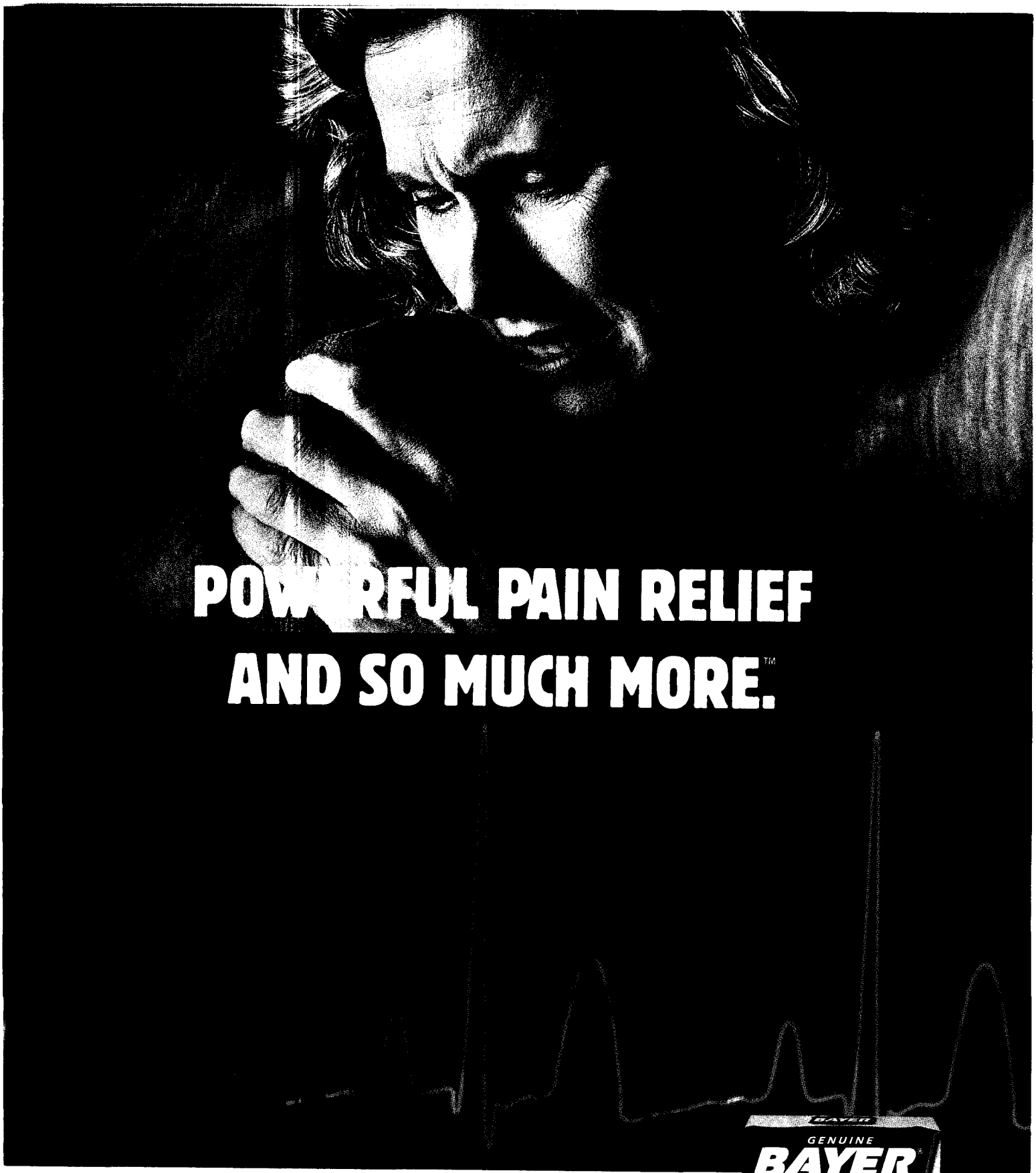

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that date. I would like to know if this crusade actually took place, or was it cancelled?

If you can give me any information, I would appreciate it.

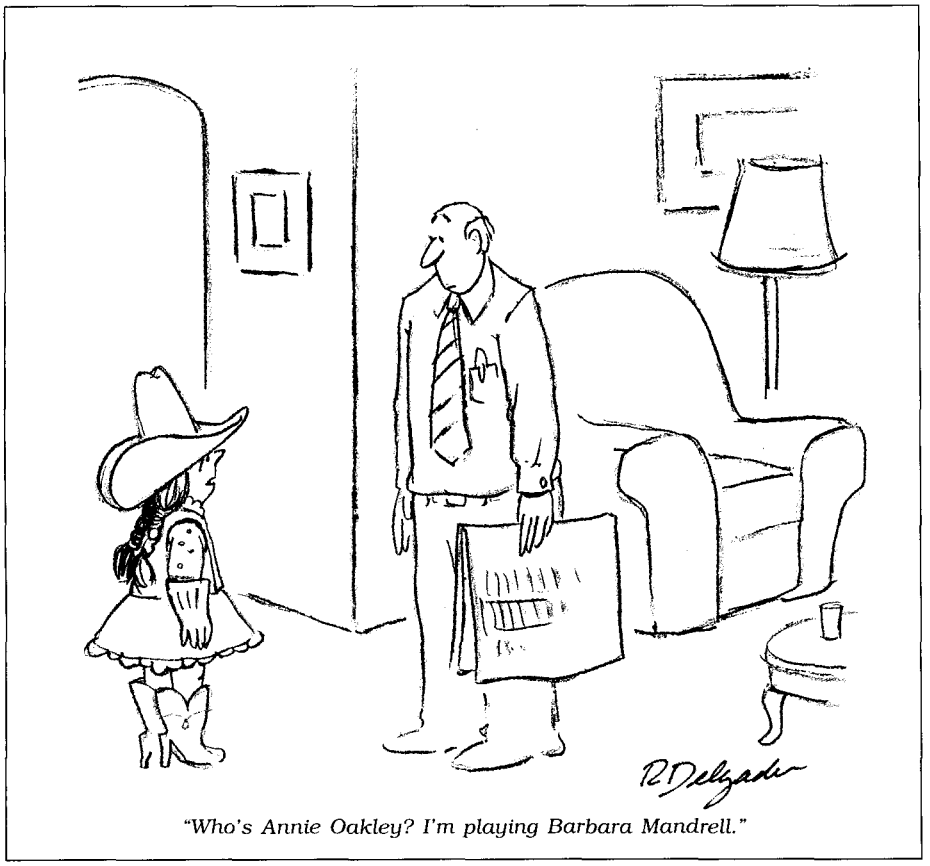
Edwin B. Jorgensen
Vista, California

Editor's note: The Billy Graham Evangelistic Association responds as follows:

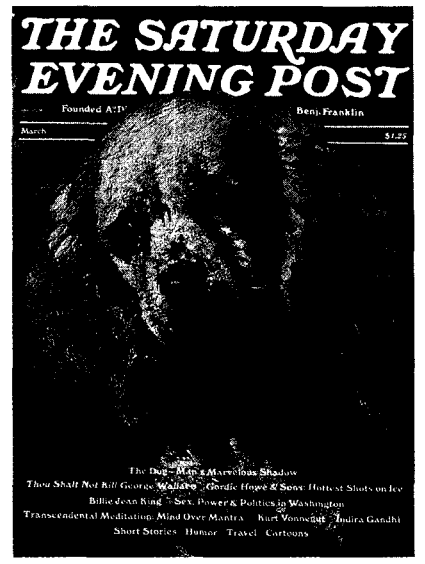
"We appreciate the interest [Post] readers have shown in our recent Billy Graham World Television Series. Here is a brief report on this remarkable outreach:

"From across the globe, the Billy Graham Evangelistic Association is still receiving stories of people who watched the April broadcast of its World Television Series. These provide a glimpse into the lives of individuals whose hearts were touched by God through this outreach.

"The fast-paced MTV-style program around which the series was built was designed to appeal to a younger, international, unchurched audience. It was broadcast at prime time—by satellite across Asia and Europe by over 150 national television networks in local languages and in most North America markets—to billions of viewers."



"Who's Annie Oakley? I'm playing Barbara Mandrell."



Meinrad Mayer Cover Call

Post cover artist Meinrad Mayer painted this touching oil portrait of his cocker spaniel for the March 1975 issue of the *Post*. Unfortunately, the painting is now missing from the complete collection of the artist's work showcased in the Meinrad Mayer Gallery, located at *Post* headquarters in Indianapolis. We welcome any information on the whereabouts of the Mayer painting that would help return the work to its proper place in the Mayer Gallery. If you have any information, please call *Post* archivist Steven Pettinga at our toll-free number—800-558-2376—or write to 1100 Waterway Blvd., Indianapolis, IN 46202.

George Ericson

Your Nov./Dec. '95 issue had a letter to the editor from a Richard Guthrie concerning George Ericson (a.k.a. Eugene Iverd). Your note asked about Mr. Ericson's death.

Mr. Ericson's life was indeed cut short at age 43 by a severe case of strep throat that progressed to pneumonia. He was buried in his hometown of Waseca, Minnesota, but the family considers the Erie Historical Museum the main repository for his work.

The museum—located at 356 West 6th Street, Erie, PA 16507—is currently having an exhibit of his work of more than 100 pieces, the majority being *Saturday Evening Post* covers.

As a graduate of Academy High School (Erie) where Mr. Ericson taught, I was familiar with his work, plus the fact my brother appeared on several *Post* covers.

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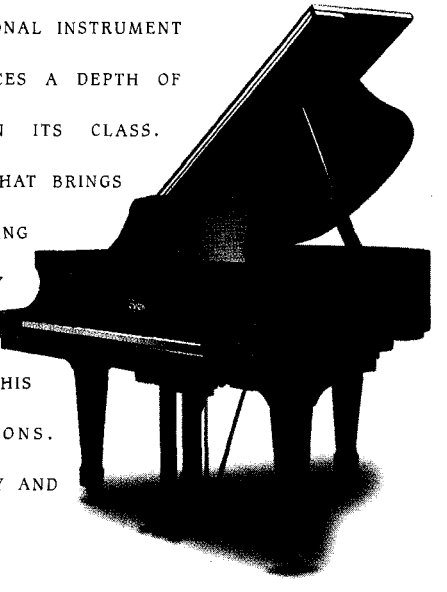

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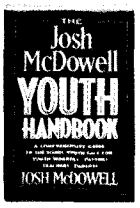

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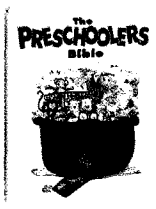

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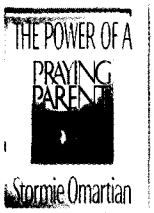

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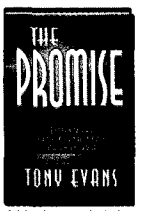

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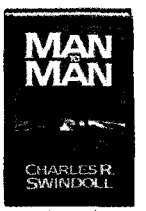

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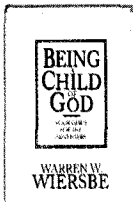

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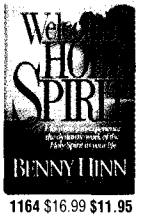

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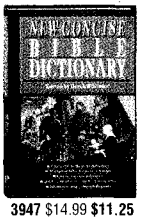

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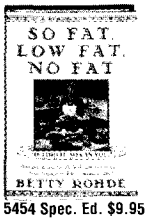

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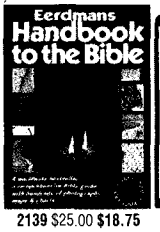

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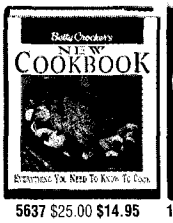

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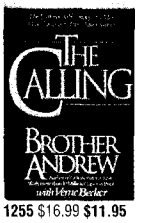

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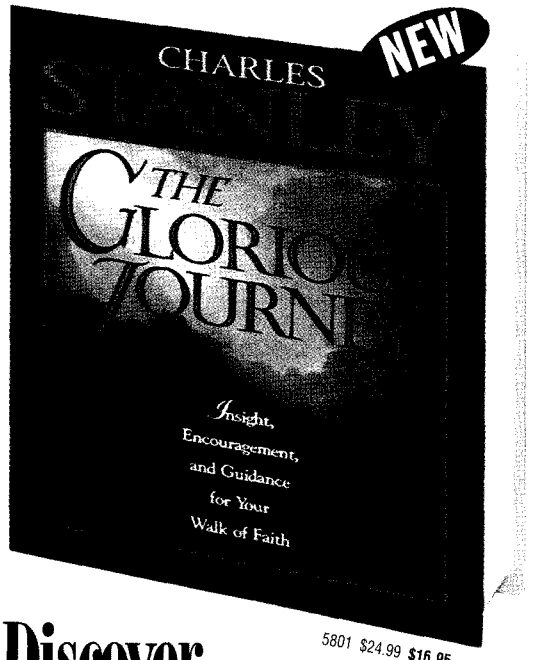

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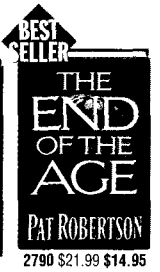

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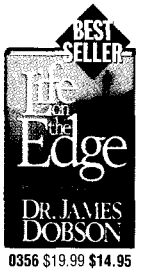

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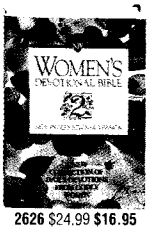

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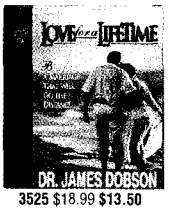

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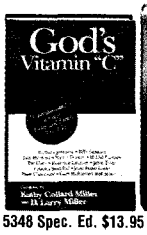

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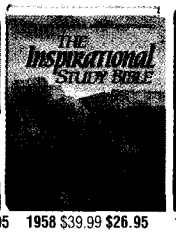

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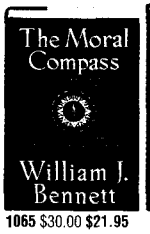

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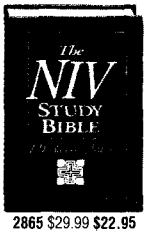

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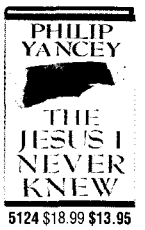

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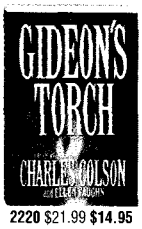

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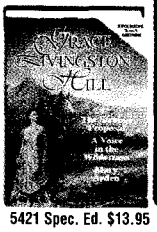

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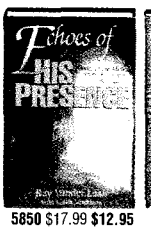

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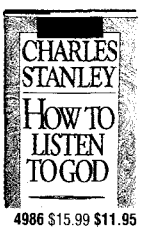

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If you are interested in more information about Mr. Ericson, I'm sure the Museum will be more than happy to oblige.

Jane Freeman
Sun City, Arizona

Striking a Responsive Chord in Everyone

I was so uplifted by the article on religion, "Real Men Keep Promises," in the July/Aug. '96 issue.

What a wonderful chord they are striking for the men of this world. With God's help they can turn this wonderful country of America back to long years ago—with fathers taking a part in bringing up the family, taking them to church, and helping them to develop a sense of purpose, honesty, and courtesy, instead of just roaming the streets getting into trouble, murder, rape, and so many other bad things. What a great heritage they are teaching the younger generation. Wonderful!

I look forward to each edition of the *Post* and thank the person who gave me the subscription.

Lillian A. Holmes
San Antonio, Texas

Gone to the Dogs

I took this picture of our great-grandson, Parker Swan. I think you and the readers of *The Saturday Evening Post* will enjoy it.

Fred Marston
Mountain View, California

Old Abe Didn't Write It!

On page 36 of the July/August '96 edition of the *Post*, one Gil Stern seems to leave us with the impression that one Abe Lincoln fathered the expression, "A house divided cannot stand." I have long understood that Abe Lincoln was a good president, but I cannot believe that he had a hand in writing my Bible. Please check a couple of verses in the New Testament: Luke 11:17 and Matt. 12:25. I agree, no doubt Abe knew the Bible, but the writing that I speak of seems to give credit where none is due.

Dayton Noland
Marietta, Ohio

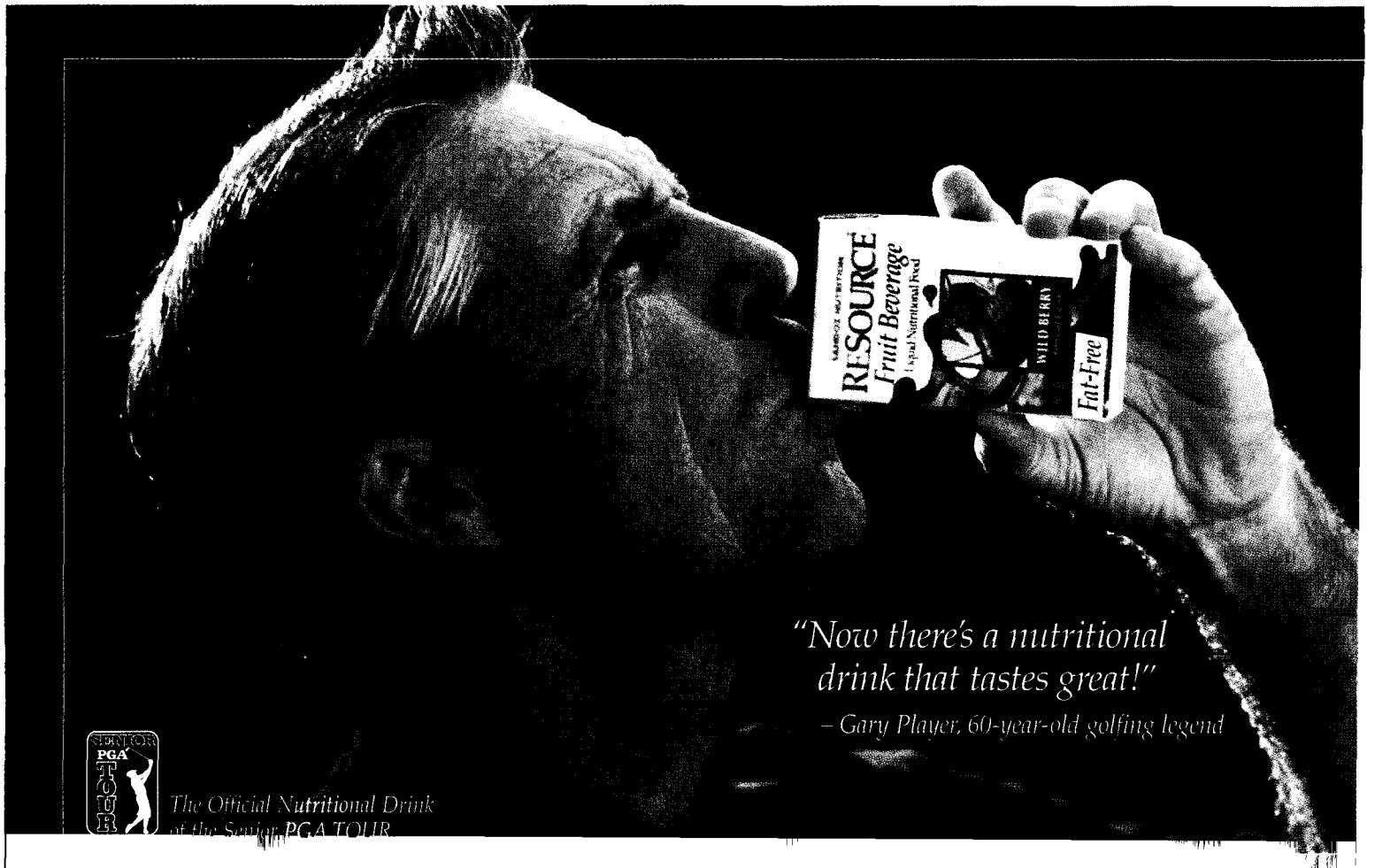
The Reel Deal

The article about lawn mowers in the March/April '96 issue mentions power reel mowers that are available for $250 to $400.

I would like to know the name of the manufacturer of any power reel mowers. Can you give me the name of some companies who have this type of mower for sale?

Mrs. Walter S. Gollmar
Evansville, Wisconsin

Editor's note: Sears sells a gasoline-powered reel mower made by McLane Manufacturing Corporation for $499.99.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A Very Safe Heart Pill

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You can order folate by addressing the American Foundation for Preventive Medicine (AFPM), 1102 Stadium Drive, Dept. 996, Indianapolis, IN 46202. Send address and charge information or check in the amount of $4.98 plus $2.00 p & h for one bottle containing 100 tablets. VISA, MasterCard, and Discover are accepted.

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Deep-vein thrombosis (a dangerous blood clot) is also associated with high blood homocysteine levels, according to a Netherlands study reported in the March 21 *New England Journal of Medicine*.

Just as niacin reduces dangerously high cholesterol levels, folate reduces dangerously high homocysteine levels. Both niacin and folate are safe B vitamins. Like lowering cholesterol, lowering homocysteine is another way to increase one's odds for a healthy cardiovascular system.

Research has demonstrated that even when blood B-vitamin levels are adequate, they still may not be enough to keep up with the body's metabolic demands for these essential B vitamins. A possible consequence of inadequate B-vitamins is elevated blood homocysteine levels. Supplementing with B-Safe vitamins can help keep homocysteine levels low.

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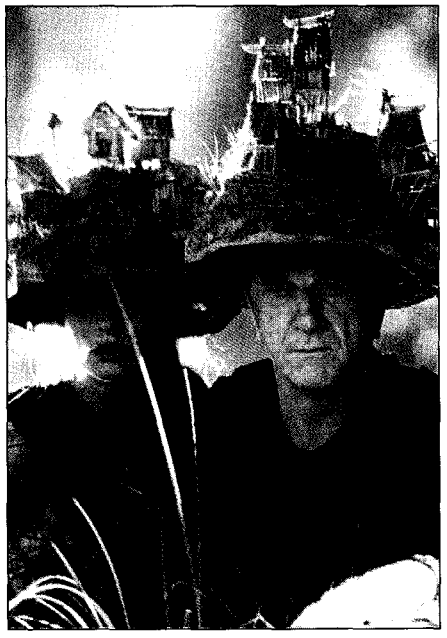
Post People

Your reason for joining the line leading from the box office into the movie *Spy Hard* could very well be ***Leslie Nielsen***. As agent WD-40, a.k.a. Dick Steele, Nielsen adds this high-voltage adventure-comedy, complete with high-tech gadgetry and low-brow shenanigans, to his lifetime achievements of 60 motion-picture roles and a thousand TV appearances.



Remember this gifted actor best as the captain of the ill-fated cruise ship in *The Poseidon Adventure*. Or as the loopy pilot in *Airplane*. Or possibly frolicking as Lt. Frank Drebin through the three feature films *The Naked Gun*, *Naked Gun 2½*, and *Naked Gun 33⅓: The Final Insult*.

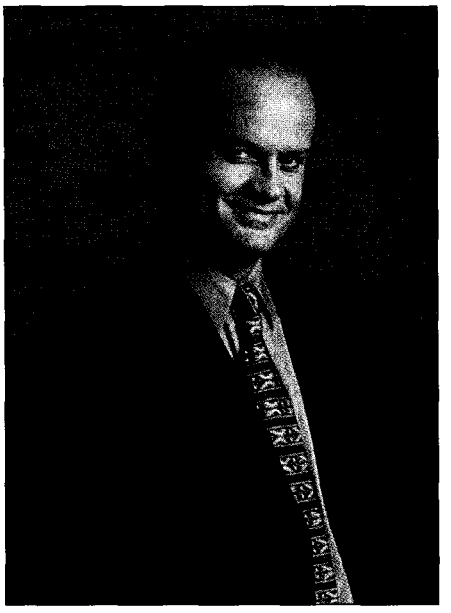
After viewing *Spy Hard*, you'll remember him also as the fearless, sophisticated, and debonair star spy for The Agency, trying to stop the diabolical scheme of armless General Rancor (Andy Griffith) for global power.

Nor will you soon forget Agent 3.14 (beautiful Nicollette Sheridan pictured here with Nielson), who joins Steele in his pursuit of Rancor.

Will The Agency thwart the General's plan? Will Steele survive a leap on horseback from a skyscraper? Will he save Agent 3.14 before they are blown up by a bomb? Will they both end up under cover?

Sorry—that's classified. ▲

If you don't know the name ***Kelsey Grammer*** by now, where have you been? After his off-Broadway productions, Broadway credits that include



Macbeth and *Othello*, and regular TV roles in "Cheers" and the current NBC hit "Frasier," surely the name must ring a bell. The young comedian just recently joined a mighty list of comedians in winning the Jack Benny Award, recognizing him for his outstanding achievements in comedy.

If you would like to know how his actual life has, in his own words, been "a series of tragic misjudgments" and how acting has saved his life, you'll find it all in his autobiography, *So Far*. ▲

Most people would be satisfied with two phenomenally successful careers: one, as a basketball megastar with a multimillion-dollar paycheck and the other as a platinum-selling recording artist.

But ***Shaquille O'Neal*** isn't most people.

O'Neal wants to be a movie mogul, too. He's the star and executive producer of *Kazaam*, a new comedy from Touchstone Pictures. O'Neal acts, raps, and gets computer-morphed as the 7'1", 3,000-year-old genie named Kazaam, who gets unexpectedly summoned into the 20th century by a scared 12-year-old boy.

Kazaam wasn't O'Neal's only great performance this summer. In July, he also took "center" stage on the U.S. Olympic Men's Basketball Team. ▲

TV viewers undoubtedly recognize a familiar face this fall on CBS.

Author, stand-up comedian, and TV icon ***Bill Cosby*** returns to prime-time television, playing a grandfather on his new family sitcom. The three-time Emmy award-winning actor and his "Cosby Show" wife, actress Phylicia Rashad, star in "Cosby." Though they won't be returning to the roles of Cliff and Clair Huxtable, CBS hopes the pair's new show will appeal to older viewers.

Though most Americans know Cosby from his roles in TV classics like "I Spy," "Fat Albert and the Cosby Kids," and "The Cosby Show," he is also widely known for his support of education—he earned a Doctor of Education from the University of Massachusetts. ▲

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FOOD

GIVING OUR DAILY BREAD SOME NEW TWISTS

Homemade bread is now a luxury that everyone can enjoy.

The automatic bread maker is a home baker's dream come true. Just pop some ingredients into one of these little miracle machines, push a button, and a few hours later you have a golden brown loaf and a room that's pungent with fresh-baked bread aroma.

Anyone can do it. The machines are virtually foolproof if you follow the directions, and the variety of breads is endless. Have a different kind each day for a week, if you like.

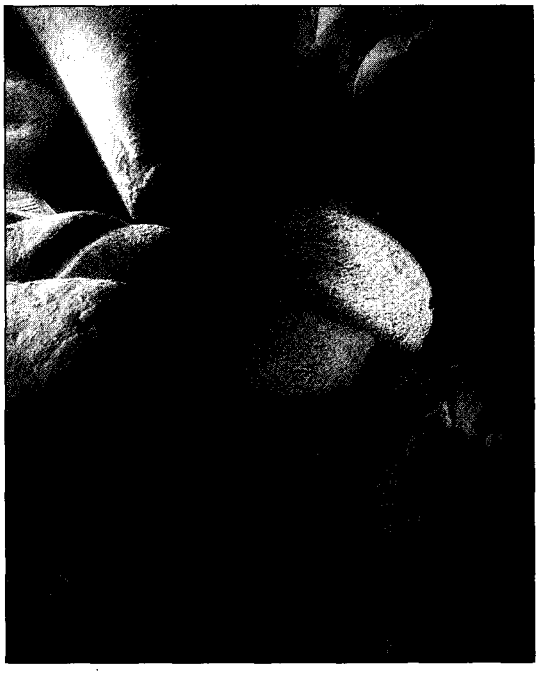
Using our new bread maker, health-conscious *Post* nutritionists set about adding some tasteful twists to our daily bread here at the office. The results: exotic loaves, high in complex carbohydrates, most with less than two grams fat per serving (most have one gram or less).

Among their discoveries is the rare and delicious flavor of barley. The Barley Bread recipe hails from Western Trails, Inc., in Bozeman, Montana, one of the few producers of hull-less barley, a fiber- and bran-rich specialty variety that is far superior in flavor and nutrients to ordinary pearl barley. Barley bread also has a several-day-longer shelf life than many whole-wheat breads. For more information about their line of hull-less barley bread mixes write: Western Trails, Inc., P.O. Box 460, Bozeman, MT 59771-0460.

The Low-Fat Cheese Bread is also one of the best we've tasted. And the others? After sampling them, you won't want to buy the packaged loaves from the supermarket ever again.

Happy baking!

The following recipes make 1½- to 2-pound loaves. Portions may have to be adjusted for small breadmaking machines. If breads are made by hand and baked in a conventional oven, liquids may have to be cut by ¼ cup per recipe.



Thanks to the automatic bread maker, more and more people are rediscovering the delicious flavor and wholesomeness of homemade bread.

Dark Pumpernickel

(Makes 24 servings)

1½-2 packages regular or quick-acting active dry yeast
1 cup water
¼ cup dark molasses
½ teaspoon salt (if desired)
1 tablespoon vegetable oil
1 teaspoon fennel or caraway seed
1¼ cups medium rye flour
½ cup wheat-bran cereal
⅛ cup cocoa
1½-1¾ cups bread flour

Follow directions on bread maker.

Conventional directions: Dissolve yeast in warm water in 4-quart bowl. Stir in molasses, salt, oil, seed, rye flour, cereal, and cocoa. Beat until smooth. Stir in enough bread flour for easy handling. Turn onto lightly floured surface. Cover; let rest 10-15 minutes. Knead until smooth, about 5 minutes. Place in greased 2½-quart bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Grease cookie sheet; sprinkle with cornmeal. Punch down dough; divide into halves. Shape each half into round, slightly flat loaf. Place loaves in opposite corners of cookie sheet; brush tops lightly with margarine. Let rise until double, 40-50 minutes.

Heat oven to 375°. Bake until loaves sound hollow when tapped, 30-35 minutes; cool on rack.

Per Serving (1 slice):
Calories: 69 Carbohydrate: 12.5 gm
Cholesterol: 0 mg Protein: 2.4 gm
Sodium: 62 mg Fat: 1.0 gm
Diabetic exchange: 1 bread

Low-Fat Cheese Bread

(Makes 24 servings)

1 package regular or quick-acting active dry yeast
½ cup water
½ cup skim milk
⅓ cup polyunsaturated margarine, softened
½ cup egg substitute
½ teaspoon salt (if desired)
3 cups bread flour
1 cup (4 oz.) shredded fat-free Swiss or cheddar cheese
½ teaspoon black pepper

Follow directions on bread making machine.

Conventional directions: Dissolve yeast in warm water in 2½-quart bowl. Add milk, margarine, egg substitute, salt, and 1 cup flour. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed, scraping bowl occasionally, 2 minutes. Stir in remaining flour, cheese, and pepper. Scrape batter from side of bowl. Cover and let rise in warm place until

continued on page 18

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Your spirits will soar as you hear each of these famous stars sing of the joy and comfort they've found in God's love. Every song is a cherished favorite and every performer is one you know and love. Just read the list of classic hymns and gospel songs below.

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Bless This House
Perry Como

In The Garden
Loretta Lynn

Take My Hand, Precious Lord
Eddy Arnold

Wings Of A Dove
Dolly Parton

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Pat Boone

Me and Jesus
Tammy Wynette & George Jones

Abide With Me
Don Hustad Chorale

He Touched Me
Bill Gaither Trio

Nearer My God To Thee
Jack Halloran Male Chorus

Great Speckled Bird
Roy Acuff

I'll Fly Away
Charley Pride

Standing On The Promises
Johnson Family

Church In The Wildwood
Mike Curb Congregation

When They Ring Those Golden Bells
David Houston

Lily Of The Valley
Wayne Newton

Blessed Assurance
George Beverly Shea

In The Sweet By and By
Johnny Cash

Amazing Grace
Willie Nelson

One Day At A Time
Cristy Lane

May The Good Lord Bless And Keep You
Kate Smith

Sweet Hour Of Prayer
Jim Nabors

The Bible Tells Me So
Roy Rogers and Dale Evans

When The Roll Is Called Up Yonder
Marty Robbins

The Family That Prays
Porter Wagoner

I Need Thee Every Hour
Scott Singers

What A Friend We Have In Jesus
Norma Zimmer & Jim Roberts

Precious Memories
Jimmy Dean

Beautiful Isle of Somewhere
The Three Suns

How Great Thou Art
Jim Roberts

Brighten The Corner
Anita Kerr

Rock Of Ages
B.J. Thomas

Old Rugged Cross
Ray Price

Family Bible
George Jones

Jesus Loves Me
Tennessee Ernie Ford

Peace In The Valley
Floyd Cramer

Will The Circle Be Unbroken
The Carter Family

Beyond The Sunset
Red Foley

Crying In The Chapel
Elvis Presley

I Saw The Light
Hank Williams, Sr.

Jesus Is Coming Soon
Oak Ridge Boys

Softly and Tenderly
Guy & Raina

A Beautiful Life
Statler Brothers

Swing Low, Sweet Chariot
Doris Ackers

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The Browns

Someone To Care
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double, about 40 minutes. (Batter is ready if indentation remains when touched with floured finger.)

Stir down batter by beating about 25 strokes. Spread evenly in greased 2-quart casserole. Cover and let rise until double, about 45 minutes.

Heat oven to 375°. Place loaf on low rack so that top of casserole is in center of oven. Casserole should not touch sides of oven. Bake until loaf is brown and sounds hollow when tapped, 40-45 minutes. Loosen side of bread from casserole; immediately remove from casserole. Brush top of bread with margarine; cool on top of wire rack.

Per Serving (1 slice):
Calories: 74 Carbohydrate: 11.0 gm
Cholesterol: 1 mg Protein: 3.9 gm
Sodium: 113 mg Fat: 1.5 gm
Diabetic exchange: ½ bread + ½ low-fat meat

Barley Bread
(Makes 15 servings)

2 teaspoons yeast
1¼ cups water
2 tablespoons canola oil
2 tablespoons honey (sugar)
½ teaspoon lemon juice
2½ cups bread flour
½ cup barley flour
2 tablespoons gluten flour
2 tablespoons powdered skim milk
½ teaspoon salt (if desired)

Follow directions on bread maker.

Conventional directions: Start yeast in warm water, add liquids when yeast is bubbly, then add dry ingredients. Mix well, knead until smooth ball can be formed, lightly oil, and place in covered bowl to double. Knead again until smooth, shape into loaf or flattened ball, and allow to double again. Bake in 350-375° oven 30-35 minutes. Allow to cool to room temperature before cutting. Wrap any remainder in light plastic bag.

Per Serving (1 slice):
Calories: 112 Carbohydrate: 19.3 gm
Cholesterol: trace Protein: 3.9 gm
Sodium: 80 mg Fat: 2.1 gm
Diabetic exchange: 1 bread + ½ fat

Old-World Swedish Limpa
(Makes 18 servings)

3 cups all-purpose or bread flour (divided)
1 teaspoon sugar, granulated
3 ounces sorghum
1½ tablespoons margarine, melted
½ teaspoon salt (if desired)
1¼ teaspoons caraway seeds
¾ cup rye flour, dark
1 packet active, dry yeast
1¼ cups water (divided)

Follow directions for bread making machine.

Conventional directions: Premeasure all ingredients; have all ingredients at approximately 75° F. Spray loaf pans with noncaloric vegetable-based spray.

In mixing bowl, sprinkle yeast atop ½ cup 110°-115° F water. Let stand 5-10 minutes.

Add sugar and 1 cup flour to make stiff sponge. Beat by hand or mix on mixer until smooth and stretchy.

Combine rest of ingredients; then add to sponge. Mix until dough is soft, not stiff. Cover with cloth or clear wrap and let rise until double in bulk (about 1 hour). Punch down dough and form into loaf or loaves. Let rise again until doubled (about 1 hour). Preheat oven to 350° F. Bake risen loaves 45-50 minutes or until tapped loaf sounds hollow. Cool and serve.

Per Serving (1 slice):
Calories: 113 Carbohydrate: 23.1 gm
Cholesterol: 0 mg Protein: 3.3 gm
Sodium: 72 mg Fat: 0.8 gm
Diabetic exchange: 1½ bread

Cottage Cheese Dill Bread
(Makes 18 servings)

1 package yeast
¼ cup water
1 cup cottage cheese, cream-style, heated to lukewarm
2 tablespoons sugar, granulated
2 tablespoons onion, minced, instant
2 tablespoons margarine
2 teaspoons dill seed
¼ teaspoon baking soda
¼ cup egg substitute
3 cups bread flour

Follow directions on bread making machine for combination. Without bread maker, hand-knead dough and let rise; bake at 350° F.

Per Serving (1 slice):
Calories: 93 Carbohydrate: 16.3 gm
Cholesterol: trace Protein: 4.5 gm
Sodium: 80 mg Fat: 1.0 gm
Diabetic exchange: 1 bread + ¼ fat

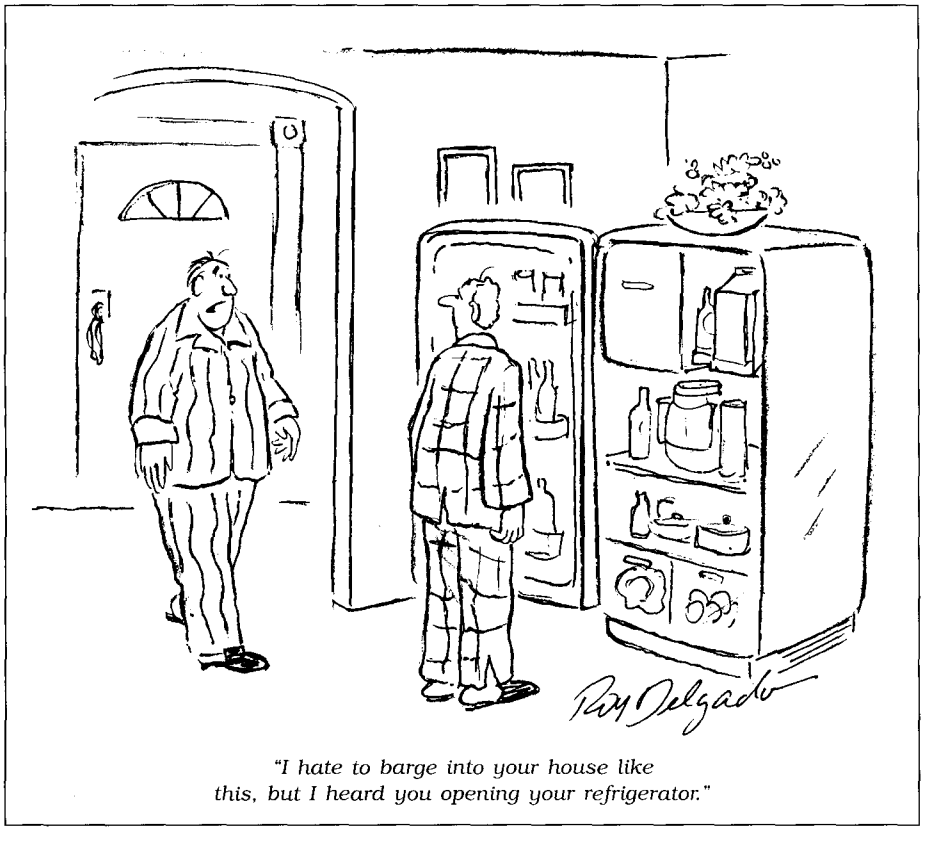
Spaghetti Bread
(Makes 15 servings)

1 package yeast
3 cups bread flour
1 tablespoon sugar
1 teaspoon garlic powder
⅓ cup grated parmesan cheese
1 teaspoon dried Italian seasoning
1 tablespoon olive oil
1½ cups water

Follow directions on bread maker.

Without a bread maker, hand-knead dough. Let bread rise, then bake in 2 loaf pans.

Per Serving (1 slice):
Calories: 102 Carbohydrate: 17.8 gm
Cholesterol: 2 mg Protein: 3.8 gm
Sodium: 34 mg Fat: 1.7 gm
Diabetic exchange: 1 bread



"I hate to barge into your house like this, but I heard you opening your refrigerator."

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How Did Madeline Balletta Make Ben Kinchlow A Bee-liever?

Madeline and Ben are two dynamic, gifted people who love the Lord and are busy about the work He has given them to do. But sometimes even the most dedicated servants need a little help! Madeline has found the answer . . . and now Ben's discovered it, too!

Ben first met Madeline over 6 years ago in California while working on a television program. He was instantly captured by her warm and caring spirit, as well as her boundless enthusiasm! "There she was, at 2:00 in the morning, a 5 foot bundle of energy and there I was, a 6 foot bundle of rags!" exclaimed Ben. As co-host of the popular 700 Club, Ben's life was a hectic scramble of travel and personal appearances. Even though Ben enjoyed good health, many times he found himself fatigued and lacking the vitality he needed to fulfill all of his responsibilities.

Madeline, herself, experienced a severe need years ago when she became so fatigued that she could not even care for her family. "Waking up everyday was a chore, and I could do nothing but pray for an answer!" said Madeline. At that time, a concerned friend told her about the importance of good nutrition and introduced her to one of nature's most wondrous gifts: Royal Jelly. This precious natural substance, known as the food of the Queen Bee, has been used for centuries in Europe and the Orient for its amazing benefits. It is a powerhouse of vitamins and minerals and provides all of the essential amino acids. It contains B-complex vitamins and is a particularly rich source of pantothenic acid (B5). Through this miraculous food and a healthier lifestyle, God restored Madeline to the person He intended her to be. She was once again able to care for her family and began to truly enjoy life! Her vision to share this gift and to help others feel their best became the inspiration she needed to start her own company. At Bee-Alive, we believe Royal Jelly is one of many natural substances God has created for His people.

Today, 11 years later, Madeline keeps a schedule that amazes even Ben! She travels extensively doing TV and radio interviews, as well as conducts seminars teaching about good nutrition and the many benefits of Bee-Alive Royal Jelly! In Ben's words, "Bee-Alive Royal Jelly makes such a difference in my life — I wouldn't go a day without it. I recommend it highly."

Like Ben, thousands have learned how good nutrition and Bee-Alive Royal Jelly can make a dynamic difference in the way they feel. As he travels around the country, he loves to hear their personal success stories. Listen to just a few . . .

"Modern medicine often times does not recognize what nature has to offer. I feel Royal Jelly is a natural product that incorporates many of the things I believe in for correct holistic and preventative care!"
Neil Block, M.D., Orangeburg, NY

"I was very skeptical about your Bee-Alive products but I'm a Bee-liever now! As a single mother of 2, working full-time, my increased energy and well-being are true gifts. Thank you!"
Sabrina Shapiro, Citrus Heights, CA

"I'm 75 and I started taking Royal Jelly 6 years ago because I needed some extra energy. I now walk a few miles a day and I even keep up with my grandchildren. They say, 'Go, Go Grandma!' But the best part is that it's done so much more for me than I expected — I actually feel better than I have in years!"
Edith Strack, Lakeland, FL

"After taking Royal Jelly for just 3 weeks, I began to feel better. I've been back to work now for 2 months and I'm feeling as good as I did 10 years ago. I don't get tired and fatigued anymore. I just want to thank you for helping me!"
Shirley Whitt, Newfoundland, Canada

Ben says . . .
"If you're sick and tired of feeling tired, take charge of your life like I did! Call Bee-Alive toll-free at 1-800-543-BEES! Tell 'em Ben sent ya . . . and receive a $25 FREE Gift when you order."

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EXERCISE AND IRON

Iron deficiencies are common, especially among active women.

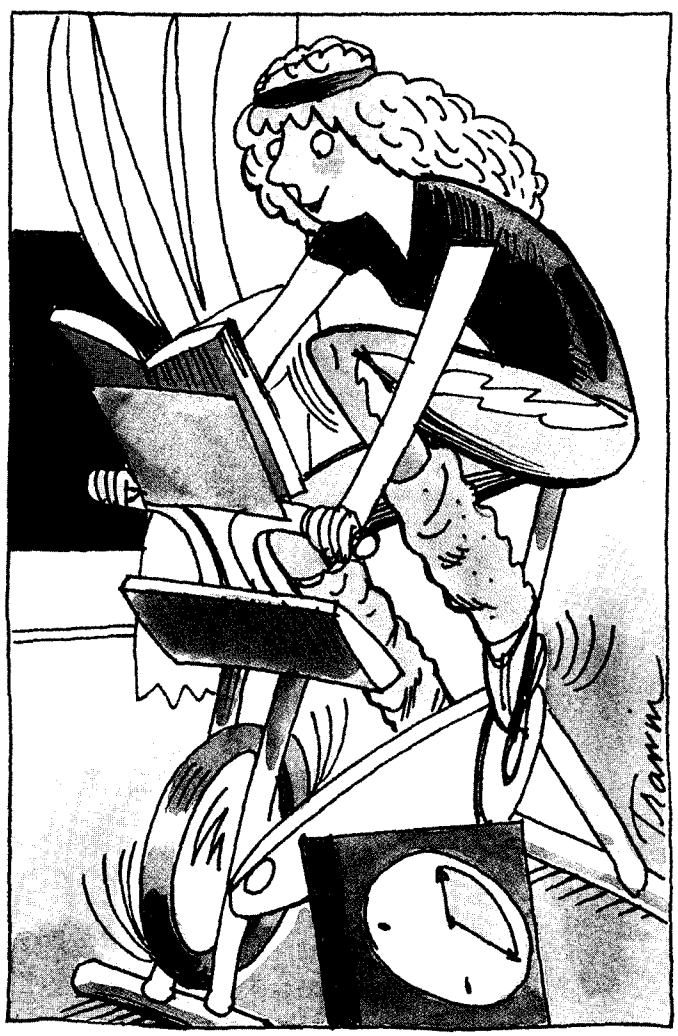
by Carol Krucoff

Illustration by Don Trawin

Sports medicine experts have observed for years that endurance athletes, particularly females, frequently have iron deficiencies. Now a new study by a team of Purdue University researchers in West Lafayette, Indiana, suggests that even moderate exercise may lead to iron depletion in women.

"We found that sedentary women who started a program of moderate aerobic exercise showed evidence of iron loss," says Roseanne M. Lyle, associate professor of health promotion at Purdue. Her study of 62 formerly sedentary women who began exercising three times a week for six months was published in the journal *Medicine and Science in Sports and Exercise*.

"Women who consumed additional meat or took iron supplements were able to bounce back," she notes. "But the new exercisers who followed their normal diet showed a decrease in iron levels."



Iron deficiency is extremely common among women in general, affecting one in four adolescent girls and one in five women ages 18 to 45. But its prevalence is even greater among active women, affecting up to 80 percent of female endurance athletes. This means, Lyle says, that "women need to be much more aware of their iron intake." Reproductive-age women are at greatest risk, since menstrual bleeding is a major source of iron loss. Plus, many health-conscious women heighten their risk by shunning red meat, which contains the most highly absorbable form of iron. And because women often restrict calories in an effort to control weight, they may not consume enough iron-rich food, setting themselves up for deficiency.

"The average woman takes in only two thirds of the recommended daily allowance for iron," notes Emily Haymes, a professor with the Department of Nutrition, Food, and Movement Science at Florida State University in Tallahassee. "For a woman who already has a marginal iron status, any additional iron loss from exercise may be enough to tip her over the edge" into a more serious deficiency, she notes.

Exercise can result in iron loss through a variety of mechanisms. Some iron is lost in sweat, and, for unknown reasons, intense endurance exercise is sometimes associated with gastrointestinal bleeding. Athletes in high-impact sports such as running may also lose iron through repetitive trauma to capillaries of the feet, a phenomenon known as "foot-strike hemolysis."

There are three stages of iron deficiency. The first and most common is having low iron stores, a condition that typically has no symptoms. Fatigue and poor performance may begin to appear in the second stage of iron deficiency, called iron-deficient erythropoiesis, when not enough iron is present to form the blood protein hemoglobin, which transports oxygen to the working muscles. In the third and final stage (iron-deficiency anemia), people often feel weak, tired, and breathless—and exercise performance is severely compromised.

"People think that if they're not anemic, nothing is wrong, but that's not true," says John L. Beard, professor of nutrition at Penn State University, who helped design the Purdue study. "You're not anemic until your iron stores go to zero, and if you wait until you're anemic, you're in trouble."

However, most people with low iron stores don't know they have a deficiency, because traditional evaluation of iron status (by checking hemoglobin levels) is not sufficient, Beard states. Instead, it's important to check levels of the compound ferritin, which indicates the amount of storage iron in the blood. While active, reproductive-age women are most likely to have low iron stores, he notes, "Men are not immune, especially if they are vegetarians with a high level of physical activity." (An estimated 15 percent of male distance runners have low iron stores.) Beard and other experts advise people in these groups to have a yearly blood test to check ferritin levels.

If iron levels are low, talk with a physician to see if the deficiency should be corrected by diet or supplements. In general, it's better to solve the problem by adding more iron-rich

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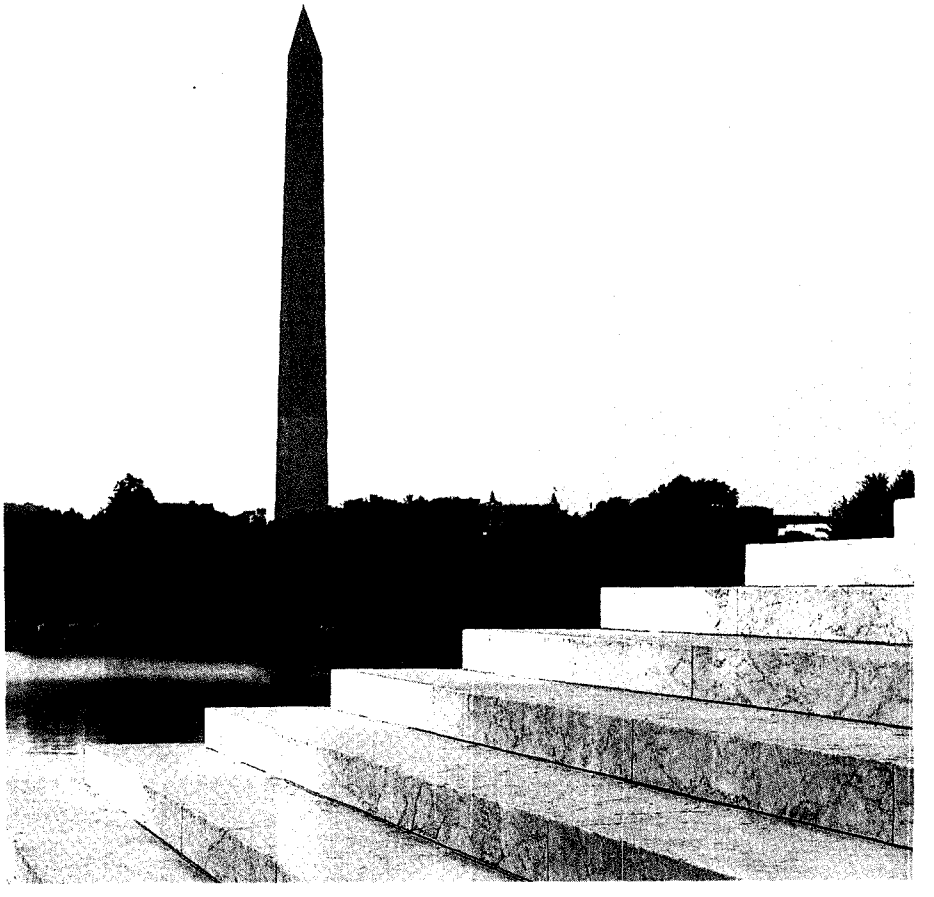
"When I found out

I had osteoporosis,

I used to hesitate

before I walked

down the stairs."



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Calcium can play a role in maintaining bone health after menopause by slowing bone loss. But contrary to what many people think, calcium can't totally stop bone loss, and can't make your bones any stronger after menopause.

Is FOSAMAX right for you? Ask your doctor. It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing.

And like any prescription drug, FOSAMAX may cause side effects, most commonly stomach and muscle/bone pain. Generally, the side effects have been mild and usually have not stopped people from taking it. However, some patients may develop serious reactions in the esophagus.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting option for you. And a way to build back your bone strength. As well as your confidence.

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ASK YOUR DOCTOR OR CALL 1 800 290-4303 EXT. 36

Please see the Patient Information on the next page and discuss it with your doctor.

(alendronate sodium tablets)

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DID YOU KNOW?

After menopause, calcium isn't enough to stop bone loss or make bones stronger.

WHY IS THAT?

Our bodies continuously break down old bone and rebuild new bone. Osteoporosis is caused by an imbalance in this cycle.

During menopause, this cycle is disturbed by hormonal changes—namely, a deficiency of estrogen—which causes women to lose bone faster than it is replaced.

And during the first five years after menopause, some women may lose as much as 25% of their bone density.

In many women, this bone loss is severe enough to make bones weak and fragile, causing them to break easily.

While calcium can play a role in maintaining bone health, after menopause it's insufficient to stop bone loss or rebuild new bone.

What's the best way to manage your bone health? Work with your doctor, who can recommend evaluation and treatment programs that are best for you.

FOR MORE INFORMATION ABOUT OSTEOPOROSIS, CALL 1 800 290-4303 EXT. 36

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX *when you start taking your medication and at regular checkups.*

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. ***After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.***
3. **Do not take FOSAMAX at bedtime or before getting up for the day.**
   The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
4. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins.
   FOSAMAX is effective only if taken when your stomach is empty.
5. **If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- *Reducing the activity of the cells that cause bone loss*
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX® (alendronate sodium tablets)?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop chest pain or severe difficulty or pain upon swallowing due to serious reactions such as irritation or ulceration of the esophagus *(the tube that connects your mouth with your stomach). This may occur especially if patients do not drink* a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes and before their first food of the day. It may also occur if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Some patients treated with FOSAMAX experienced abdominal (stomach) pain, which was the most commonly reported side effect. Less frequently reported were other digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Muscle/bone pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed. This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, *for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed,* so bone loss occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. *You should consult your doctor before you begin any exercise program.*
  - ***Eat a balanced diet.*** *Adequate dietary calcium is important to patients with osteoporosis. Your doctor* can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC. Issued March 1996 West Point, PA 19486, USA

FOSAMAX®
(alendronate sodium tablets)

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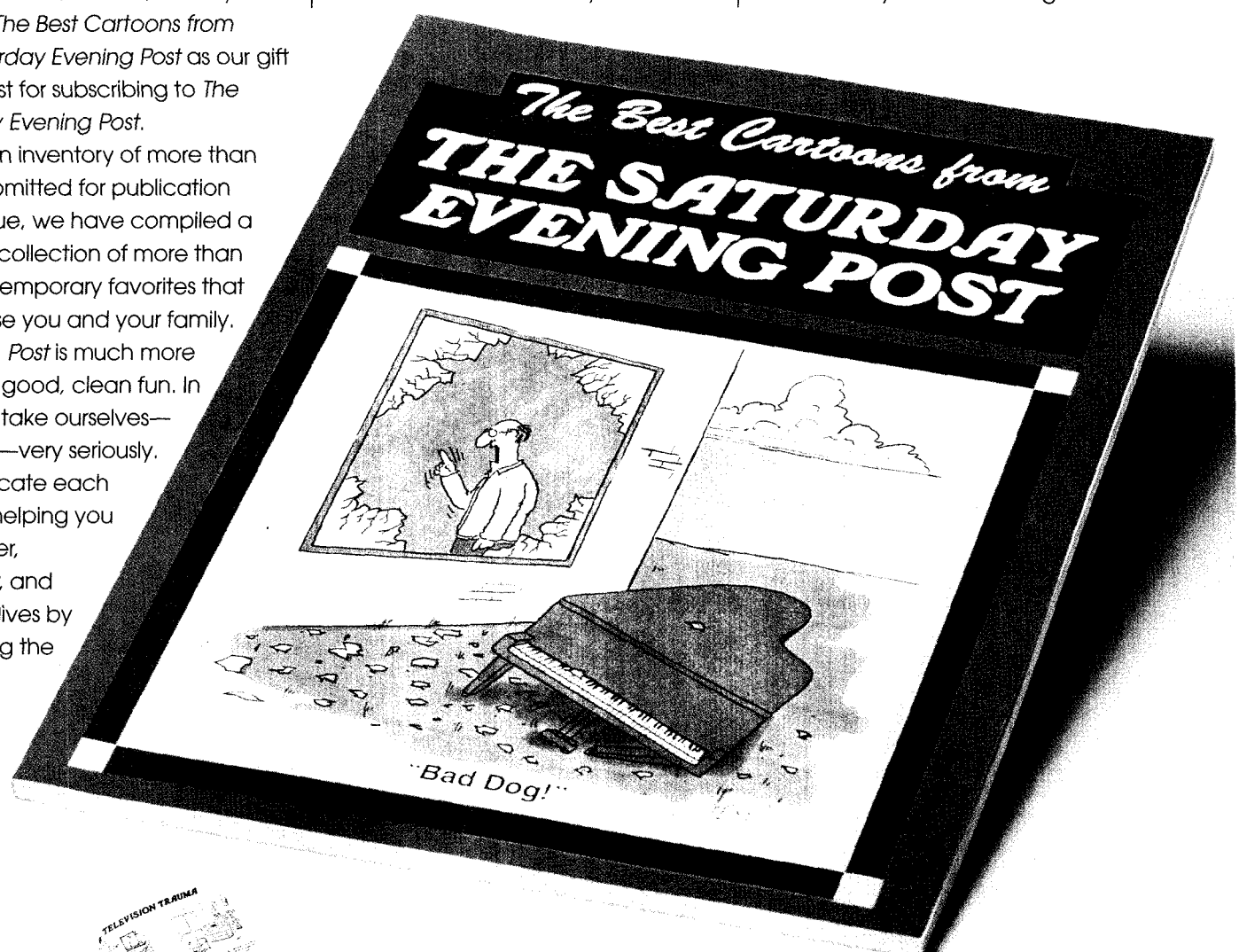

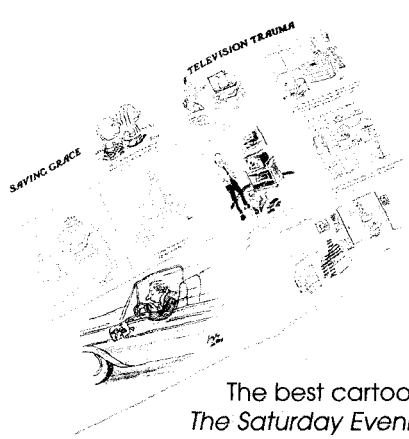

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TV ANCHOR ANNE RYDER IN CALCUTTA WITH MOTHER TERESA

The resounding success of Anne Ryder's "Hope to Tell" series surprised colleagues, refuting the popular network notion that viewers prefer violent programming over positive profiles of good works.

by Patrick Perry

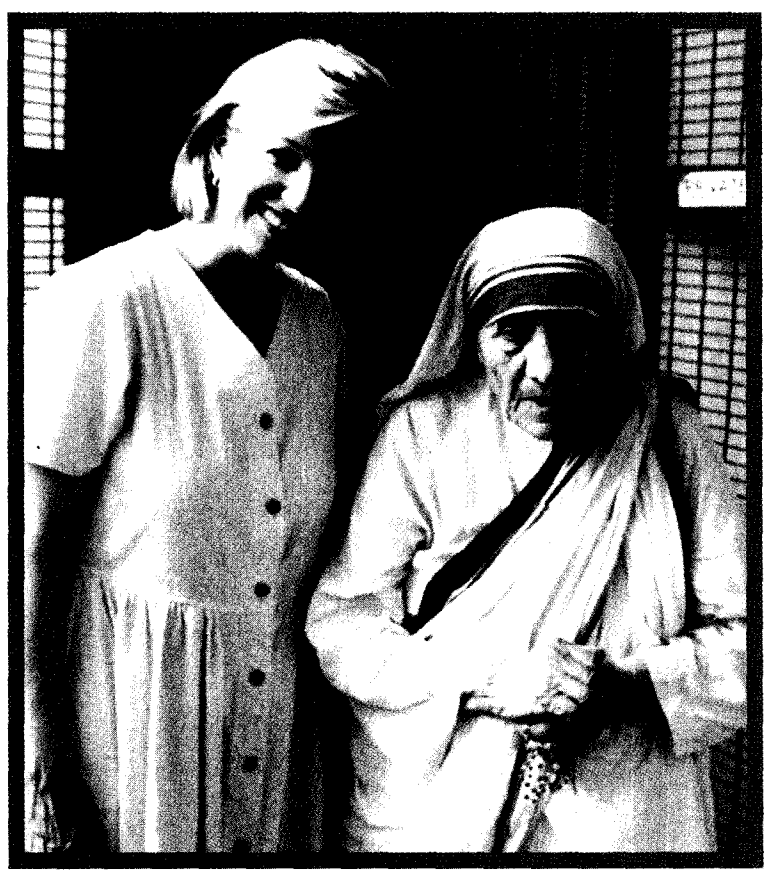
For TV anchor people in any large metropolitan city, celebrity interviews are routine affairs. So it was for Indianapolis anchor Anne Ryder who, during her 12-year career with the local NBC affiliate, had met and spoken with many famous entertainers, politicians, and world leaders.

But Anne Ryder was also host of a unique weekly program called "Hope to Tell"—an inspirational series featuring profiles of faith, hope, courage and strength.

Captain Scott O'Grady, the Air Force pilot shot down over Bosnia, granted series host Anne Ryder an interview because, he said, he liked the "spiritual nature" of the program.

The one person Ryder wanted most to interview for "Hope to Tell" was Mother Teresa, founder of the Missionaries of Charity and Nobel peace prize winner for her work with the poor, sick, and dying of Calcutta, India. Mother Teresa was what people in the media call "the impossible interview"—someone everybody wants, but no one is able to land. The humble nun had declined TV interviews for more than a decade. There was no reason to believe she might grant one to a local network affiliate in Indiana. Still, Anne Ryder thought it might be worth trying. She wrote a letter to Mother Teresa, detailing the "Hope to Tell" program and asking permission to film the work of the Sisters of Charity in Calcutta.

To her surprise, Mother Teresa wrote back, inviting her to visit Calcutta and work in her homes for the poor. She made it very clear, however, that she did not "encourage film or television projects." Ryder accepted the invitation. She traveled to India with the hope at least of meeting the famous woman whom many call a modern-day saint.



Flying 10,000 miles away from her home in Indianapolis, NBC TV anchor Anne Ryder arrived in India with the firm resolve to witness firsthand Mother Teresa and her work with the poor of Calcutta.

"I arrived in India with two photographers and the resolve to experience the work firsthand and leave my journalistic tactics at the door," Ryder says. She spent the first day working at Mother Teresa's home for the mentally ill while the photographers kept their distance, shooting street scenes of Calcutta.

The work was demanding. Ryder bathed and cared for women so malnourished they could hardly stand. One woman, who was at first afraid of her, finally gave Ryder the greatest reward when she looked up and broadly smiled. Ryder began to understand the secret of Mother Teresa's selfless work.

"It finally hit me," she says, "that it wasn't how much work you do but how much love you put into it."

For the next two days, the anchor suffered from a bacterial infection picked up during travel. Fortunately, Ryder recovered sufficiently enough by the third day to meet with Sister Priscilla—Mother Teresa's "right-hand person, her gatekeeper."

"Sister Priscilla asked me what I was doing there. I told her about "Hope to Tell," our ongoing attempt to balance all the stories of crime, violence, and scandal with stories of hope and faith," Ryder remembers. "I told her that I wanted to bring back the 'story of love' in Calcutta any way I could."

Sister Priscilla was moved by the young journalist's lament that the Western media focused so much attention on "bad news" and too little on the "good" going on around us. The next day, the Indianapolis crew was invited to visit the leper center.

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During the rare 45-minute interview, Mother Teresa shared her personal story of hope and faith, then at Anne Ryder's request blessed the young journalist, her unborn child, and photographers who accompanied her on the long journey.

Impressed with the reporter's honesty and integrity, Sister Priscilla signed a permission slip allowing the Indianapolis team to film the children's home, the house of the sick and dying, and rare film footage of a cornerstone of the mission's wellspring—prayer and the morning mass at the mother house. As if this weren't enough, Sister Priscilla also approved an unprecedented interview with the founder of the mission—Mother Teresa herself.

"The result was Mother Teresa's first sit-down interview for American television in more than a decade. She gave us about 45 minutes of her time, ending the interview by blessing me and both photographers, giving us prayer cards and medals, and even blessing my unborn child," Ryder says. The result of all of this is a remarkable look into the work of a woman who many believe will be declared a saint—and the eight-part series and documentary, "In the Arms of Mother Teresa."

The documentary offers a glimpse into the world of the poor, sick, and dying of Calcutta, as well as a look at Mother Teresa and her mission. What began for Mother Teresa 50 years ago as a "calling from God" while riding on a train has become a global mission with 4,000 Sisters of Charity at 562 homes in 120 countries.

In the moving interview, Mother Teresa shares her simple life and answers questions about her life and faith. On holiness, she says: "Anyone can be holy—it's a work of love, love in action." Although 86 and in frail health, Mother Teresa continues her daily work at the mission alongside her sisters and volunteers of all faiths from around the globe. "In the Arms of Mother Teresa" profiles some of these volunteers and how working in the mission has changed their lives. When asked why Buddhists, Hindus, Jews, Protestants, and all religions are attracted to the Catholic mission, Mother Teresa offers: "I think that they feel the very work of God's love in action, using human beings. There is no politics, no color, no religion mixed up in it. That's why." ▲

Editor's note: *Anne Ryder's eight-part series and documentary with Mother Teresa is available for purchase. Viewers interested in sharing the rare visit with this remarkable woman can obtain the video in VHS form by sending a $10 check payable to VideoIndiana (proceeds go to the Sisters of Charity) to: Mother Teresa, c/o VideoIndiana, P.O. Box 1313, Indianapolis, IN 46206.*

Even though violence on television is escalating and pervasive, Anne Ryder believes that the public clamors for positive programs. She was not surprised that her profile on the Nobel peace prize winner was such an overwhelming success—the network was flooded by requests for the documentary.

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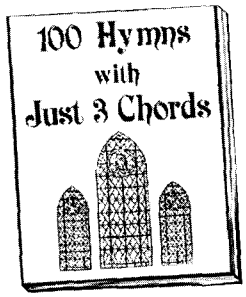

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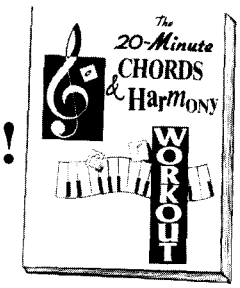

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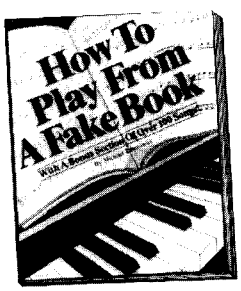

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POST BOOKSHELF

AMERICA'S DUMBEST CRIMINALS

A new book chronicles the bungling and true misadventures of America's most clueless cons.

America's Dumbest Criminals
by Daniel Butler, Alan Ray, & Leland Gregory
235 pages, Rutledge Hill Press, $7.95

America loves cops-and-robbers stories. Each year brings yet another batch of Hollywood releases, featuring sophisticated burglars and clever con artists. But what about the unscripted variety of everyday criminal? Are they as clever as their film counterparts? In the *New York Times* bestseller *America's Dumbest Criminals*, we meet a group of fumbling felons, clumsy crooks, and ridiculous robbers who not only lack any trace of sophistication but, in essence, become victims of their own crimes.

Billed as the ". . . ultimate collection of the most incredibly stupid and painfully dumb attempts at crime ever brought together," *America's Dumbest Criminals* delivers on its promise. Take, for example, the would-be bandit in Oklahoma attempting to rob a gas station. When attendants wouldn't cooperate and hand over the money, the criminal grew so irritated that he threatened to call, you guessed it, the police. And did!

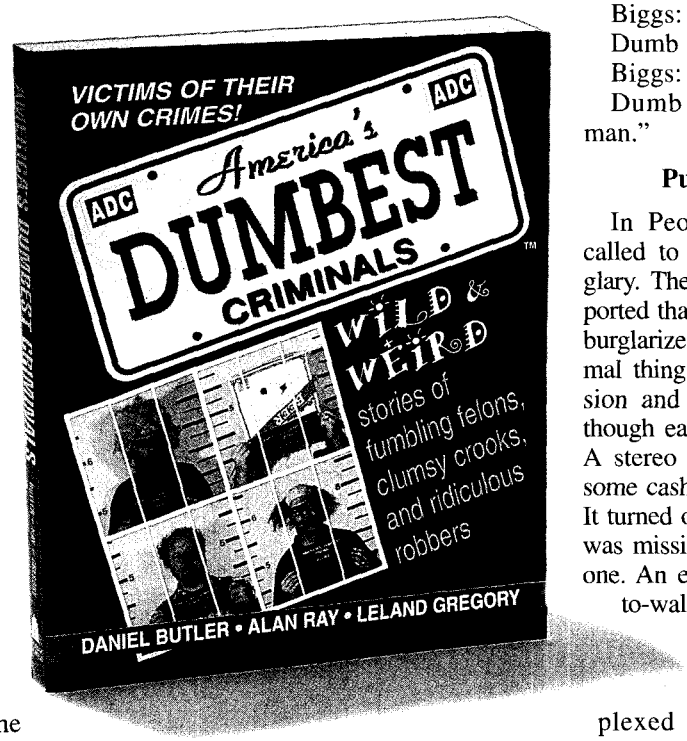
If you think this guy deserves the dubious title of the dumbest criminal in America, read on. After finishing *America's Dumbest Criminals*, you'll be hard pressed to place the crown on any one head in this hilarious lineup of criminal mischief gone unbelievably awry.

The Light at the End of the Tennie

Just outside Lawrence, Kansas, police were called to an all-night market that had just been robbed. A male Caucasian had brandished a weapon and demanded money from a store employee. After stuffing the money into his pants pocket, he fled down the street.

Units in the area responded quickly to the alarm. Within moments, two officers on patrol had spotted a man running behind some houses in a nearby neighborhood. Certain that they had the right man, they gave chase on foot.

But the suspect wasn't really worried. It was dark, he was a very fast runner, and he knew the neighborhood like the back of his hand. He was sure he would have no trouble eluding the cops.



It didn't take long for the fleet-footed suspect to leave the first pair of officers behind, but he was surprised when more officers quickly joined in the chase. Each time the thief would elude one officer, he would be spotted by another. The crook couldn't understand it; he was using his best moves.

At last there were too many officers on the scene who apparently could see quite well in the dark. Our suspect looked frustrated and surprised when he was finally captured.

But he was even more surprised and frustrated once the police told him how they knew where he was all the time. He really hadn't been hard to follow at all, thanks to advanced technology.

The pursuing officers had just followed the lights. Not the infrared lights used for night vision, but the red lights on the heels of the suspect's high-tech tennis shoes—the ones that blinked on and off every time his feet hit the ground.

D.O.B.

Officer Glen Biggs of the Knoxville (Tennessee) Police Department had a close encounter of the dumb criminal kind when he was booking a suspect on a narcotics violation. A simple transcript of the interrogation tells it all:

Biggs: "What is your D.O.B.?"

Dumb Criminal: "What's a D.O.B., man?"

Biggs: "When's your birthday?"

Dumb Criminal: "May 5th."

Biggs: "What year?"

Dumb Criminal: "Every year, man."

Pulling the Rug Out

In Peoria, Illinois, police were called to the scene of a home burglary. The perplexed homeowners reported that the house had indeed been burglarized, but that none of the normal things were missing. The television and VCR were still there, although each had been moved a little. A stereo system, jewelry, and even some cash all could be accounted for. It turned out that only one major item was missing—but it was a significant one. An entire houseful of new wall-to-wall carpet had been taken up and stolen.

The officers on the scene were as perplexed as the burglary victims. They really had no idea how to track a hot carpet. Scratching their heads, they headed outside into the newly fallen snow to look around.

But wait! What's this? In the yard, footprints showed on either side of a long, scraped trail leading out toward a nearby field. Either the carpet had been dragged in that direction, or a brontosaurus had just strolled by.

The officers followed the trail across the yard, through the field, and into another yard, where the trail ended at a neighbor's front door.

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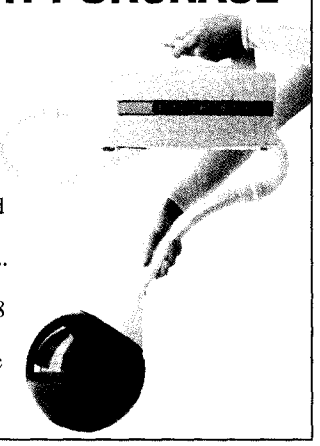

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When the police entered the small home behind a larger main house, they found not a brontosaurus but the stolen carpet on the floor—recut and laid to fit its new home. The young man who lived there insisted that he had purchased the rug, but the police showed him his own trail from the "carpet store." He was arrested and charged with the crime.

Luck of the Draw

With Oregon State Lottery ticket in hand, Alice Krumm stood staring at the winning numbers posted on the cash register. So close . . . but not quite. The ticket she had just bought was only one digit away from the $20 winning number. For once in her life, Alice wanted to be a winner instead of a near-miss.

Alice struggled with her greed for a long minute before finally giving in. Creeping around behind the baked beans and canned goods, she altered her lottery ticket with a ballpoint pen to win the $20, then returned to the counter to collect her ill-gotten prize.

But she should have worked a little harder on her forgery. The clerk spotted it immediately and called the police. The dishonest lottery player was arrested on the spot and charged with fraud.

Then the arresting officer made an interesting discovery. He found the real number under her bad forgery. His revelation made her feel even dumber.

Had she looked farther up the chart of winning numbers, she would have discovered that her original ticket number had also been a winner—for $5,000!

Two-Bit Thief

Rhode Island police were sure they had the right man when the suspect charged with a string of vending-machine robberies paid his $400 bail entirely in quarters.

Camera Hog

An officer in Indiana told us of a very photogenic crook who insisted on arranging his own closeups. This criminal specialized in safecracking. He was highly skilled, extremely thorough, and—at the same time—incredibly dumb.

Our safecracking star had targeted a small local business that kept more than $7,000 in cash in a safe. There were no alarms, and the safe was an older model, relatively easy to crack. But when the criminal arrived at "work," he discovered a couple of video surveillance cameras in the building.

That wouldn't do. After all, nobody likes to work with someone watching over his shoulder, right? So our resourceful crook set about making his workplace more comfortable. He found a ladder, climbed up with his screwdriver, and proceeded to take the lens off each camera.

Now, the big problem with most video surveillance is that you can't get close enough for a really good picture of the criminal's face. The quality is not that good, and the perpetrators are usually too far away for the ceiling-mounted cameras to capture a good image. But our star safecracker took care of that problem for the local police. While he diligently worked with his screwdriver right in front of the camera, he also provided the officers with the best closeup they'd ever seen—right down to the smallest wrinkle and mole. Meanwhile, the camera across the room was providing a full-length view of him working on the first camera.

While he diligently worked with his screwdriver right in front of the camera, he also provided the officers with the best closeup they'd ever seen—right down to the smallest wrinkle and mole.

The video was picture-perfect, and the safecracker was quickly apprehended.

Smile—you're a dumb criminal!

Jumpin' Jack Flasher

Just outside Little Rock, Arkansas, a known "flasher" was at it again. Jumpin' Jack, as he was called by the local police, would often get naked and do calisthenics at his apartment window across the street from the local bank. Not only were his exercise habits offensive to the people who worked in the bank, but local merchants also complained that Jack's jumping was bad for business.

Now, Jack was bold and a little demented, but he wasn't stupid. He would always hide his face in some way or pull the blinds halfway so that he could only be seen from the waist down. These precautions made it more difficult for him to be identified (especially in light of the fact that the police don't hold naked lineups).

After receiving a number of complaints one day, the Little Rock Police Department sent over one of its best officers to investigate. As the detective knocked on Jack's door, he thought about how hard it was to prove cases like Jack's. Without a positive I.D., such situations quickly degenerate to "my word against yours." Our detective decided to take a different approach.

"All right, Jack, who have you got hiding in there with you?"

"I don't have anyone hiding in here!" Jack yelled angrily from behind the door.

"The girls over at the bank tell it differently. They say they saw someone sneaking in here a little earlier today."

Jack opened the door. "They're crazy," he said. "There hasn't been anyone in my apartment all day long except me. See for yourself."

The officer did. He saw it all, from Jack's head down to his toes. Jumpin' Jack was finally arrested for indecent exposure.

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An officer in Savannah developed a bold but simple approach to drug busts. This uniformed patrolman would walk up to a known drug house or party and knock on the door. The occupant would answer the door with almost the same greeting every time. In fact, the similarity of the incidents was astounding. Each person reacted in almost the same manner every time the officer tried this very direct approach to crime busting. It went something like this:

Dumb Criminal opens door. "Uh . . . hello, officer. Is the music too loud? Did someone complain?"

"Nah, I just wanted to buy a bag of dope."

"Huh?"

"Do you have a bag of dope I can buy?"

"Well . . . but you're a cop."

"So? Can't I buy a bag of dope?"

"But . . ."

"Hey, I'm cool, OK?"

"Cool. Wait right here."

A minute later, the dumb (and about-to-be-arrested) criminal would be selling the uniformed officer a bag of dope.

The bold officer made so many arrests this way that he was promoted to detective in record time. Almost all of his arrests were pleaded out without a trial because the criminals didn't want to admit in court they had sold drugs to a uniformed cop at their own apartment.

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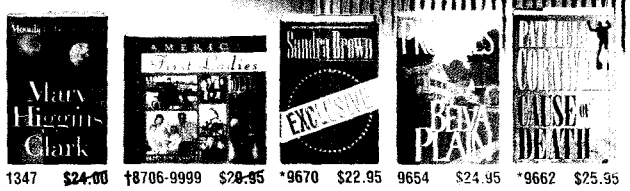

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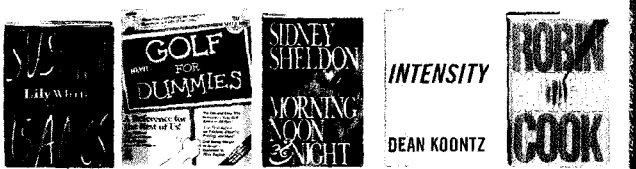

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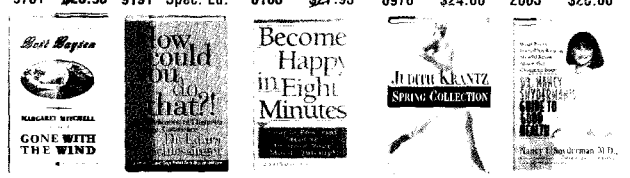

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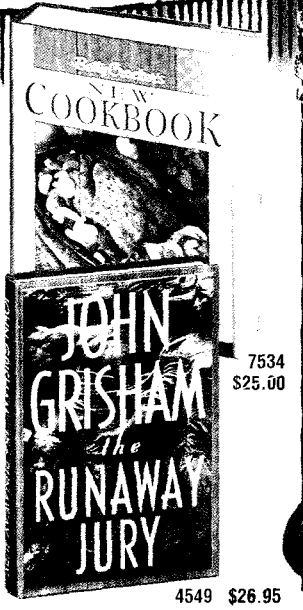

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GIVE ME RHETORIC!

What if Patrick Henry had said things a little differently?

by Wen Smith

Illustrated by Don Trawin

My wife touched my shoulder. "Wake up! You've snored through the last ten minutes of the convention."

"I wasn't snoring," I said. "I was helping Patrick Henry write a speech."

"Sure you were."

"Really," I said. "He was writing on a pad. Wads of yellow paper were strewn around him. He was complaining about how hard it is to get the wording just right."

"Go back to sleep," she said, and turned back to the TV. I slipped again into my reverie with Patrick Henry.

"I know what I want to say," he said, "but I'm not saying it right. This rhetoric business is tough going."

"What are you trying to say?" I asked him.

"It's all about freedom," he said. "You know how precious that is."

"Sure," I said. "If you're not free, you're dead."

"That's it!" he said. "Now I just have to get that into the right words and put 'em in the right order."

I thought I had done that for him, but he ignored my version. He scratched on the pad again, ripped off the sheet, and threw it to the floor.

"Okay," I said. "How about this? *If I couldn't kick free, I'd just as soon kick the bucket.*"

"Too slangy," he said. "Remember, this is for the House of Burgesses. They're a bunch of stuffed shirts."

I decided I'd better let him choose his own rhetoric, so I said nothing. He went on scratching.

"Aha!" he said. "*Give me free rein, or shoot me.*"

"Sounds like a talking horse," I replied.

"Right," he said, wadding the sheet and tossing it on the floor. I waited for him to begin again.

"Maybe this," he said. "*Either let me live free or else let me die.*"

"Leave out *else*," I suggested.

"Yeah. Too wordy. Maybe I could leave out *either*, too. And the repetition of *let me* is a bit much."

He stabbed at his pad. "How about this? *Live free or die!*"

"Better," I said.

"Laconic, though," he said. "Too terse for Virginians. Maybe I could sell it to one of those New England colonies." He ripped off the sheet and tucked it into a pocket.

"Daniel Webster might like it," I answered.

"Never heard of him," Patrick Henry said.

"Oh, right," I said. "He's too young."

"*If you're going to fence me in,*" he said, "*bury me instead.*"

"Getting wordy again."

He wadded the line and tossed it.

"Writing a speech is hard work," he said. "Maybe I should just get up in the House and start talking. The right words might come to me."

"I wouldn't do that," I said, "but I'm a writer, not an orator."

"When we orators get up to speak," he said, "we don't want to depend too much on a prepared script. We want to be at liberty to . . ."

"*Liberty!*" I exclaimed. "Maybe that's the word."

"Eureka!" he said.

"Not so good," I said. "Might be Greek to them."

"I'm talking about *liberty*," he said. "It has a ring to it."

"Like the bell," I said.

"What bell?"

"I forgot," I said. "It's too young. But I think *liberty* is better than *freedom*—for your speech, I mean."

"This will work!" he said, scratching again at his yellow pad. He stood up and raised his right hand in a gesture.

"Give me liberty, or give me death!"

"Bingo!" I shouted.

My own voice woke me. The candidates were still talking on the TV. I turned to my wife. "The rhetoric's not very exciting."

"Orators these days aren't what they used to be," my wife said.

"I know," I said. "They used to work at it." ▲

"Wake up," my wife said. "You've snored through the last ten minutes of the convention."

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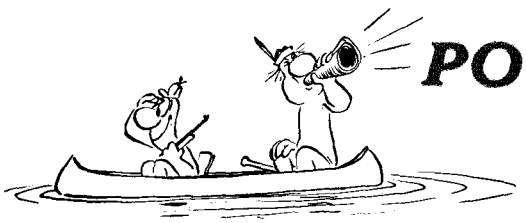

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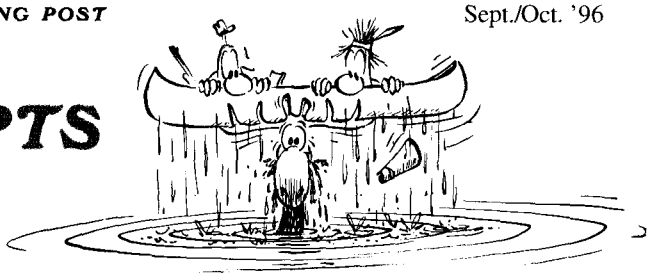

September School Bells

Fall semester once more starts;
Suddenly mothers grin.
For kids' vacation's over;
Now mother's can begin.

—Dick Hayman

And Outta Here!

How fast goes the summer from
cherries to peaches;
How fast from gladioluses to mums.
How soon comes the time for the
hearth, not the beaches;
How fast summer goes, autumn
comes!

—Evalyn Torrant

Well, My Friend, Noah . . .

"Who is this?" asked my three-year-old granddaughter, while picking up a small framed picture from my bureau.

"That is Jesus," I answered, referring to a picture of Jesus at the garden of Gethsemane.

"Oh, it is?" she asked, all excited. "Did he let you take his picture?"

—Marta E. Carrasquillo

Eggstra! Eggstra!

Now they tell us, after all,
The pros and cons of cholesterol;
Two eggs a day are safe to take on—
Over easy—hold the bacon!

—M.H. Straker

Heavy Weight

Losing weight is really hard,
Though I've tried in every way.
Others would be discouraged,
But "Chins up," I always say.

—Arnold J. Zarett

A Hard Act to Follow

Back in the days of one of the big floods on the Kickapoo River in Wisconsin, a man is said to have told a friend that during the high water he discovered he had latent musical ability. "My wife held onto a bed and floated down the river," the fellow said. When the friend asked, "How does that prove you have musical ability?" the flood survivor answered: "Well, I accompanied her on the piano."

—Herm Albright

"It's just that I was hoping for something with a cathedral ceiling. . ."

Fits You Perfectly

Do it. Go get yourself a dog
And then proceed to gloat—
What you've acquired is loyalty
And love in a furry coat.

—May Richstone

Mixed Fruit

Three years ago I purchased a small apple tree from a local nursery. Faithfully, I cared for it, pruning and watering as needed. Each spring I felt certain that it would blossom and produce the promised fruit. However, none appeared. Last week as we entertained a large group in our home, my husband looked out the dining room window and exclaimed, "Kate, your tree has fruit on it!"

I rushed out the kitchen door and into the back yard, only to pluck a ripe (plastic) orange off a lower branch—amid the laughter of family and friends. "Well," I quickly smiled to cover my embarrassment, "at least it produced something . . . a joke."

—Kate Stobbe

Inane Game on the Brain

My husband loves his football.
He watches every game.
He knows the names of
winners,
What losers are to blame.
He knows all the statistics,
Who won a play, who missed.
But if I send him to the store,
He can't recall the list.

—Ed Daugherty

Autumn's Delight

When there is the slightest breeze,
One of my pet peeves
Is when I'm being inundated with
My neighbor's leaves.

—Lois Leurgans

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Telling It Like It Is

My car was in the shop during finals week, so I caught a ride to school with a classmate. His car was a dented, rusty, brown hatchback with a sheet of plastic where the driver's side window should have been. As we drove through town to the college, the plastic rattled and flapped in the wind, forcing my friend to shout as he told me how he'd misplaced his keys the day before and, after walking home, found them in the bottom of his backpack.

We sputtered into a campus parking space, and, not to repeat his carelessness, he left his keys dangling from the ignition so he couldn't lose them again.

"Aren't you worried about your car?" I asked. "I mean, what's to keep anyone from stealing it?"

He looked at his car then at me and rolled his eyes. "Pride," he answered.

—April Burk

Empty Nest Blues?

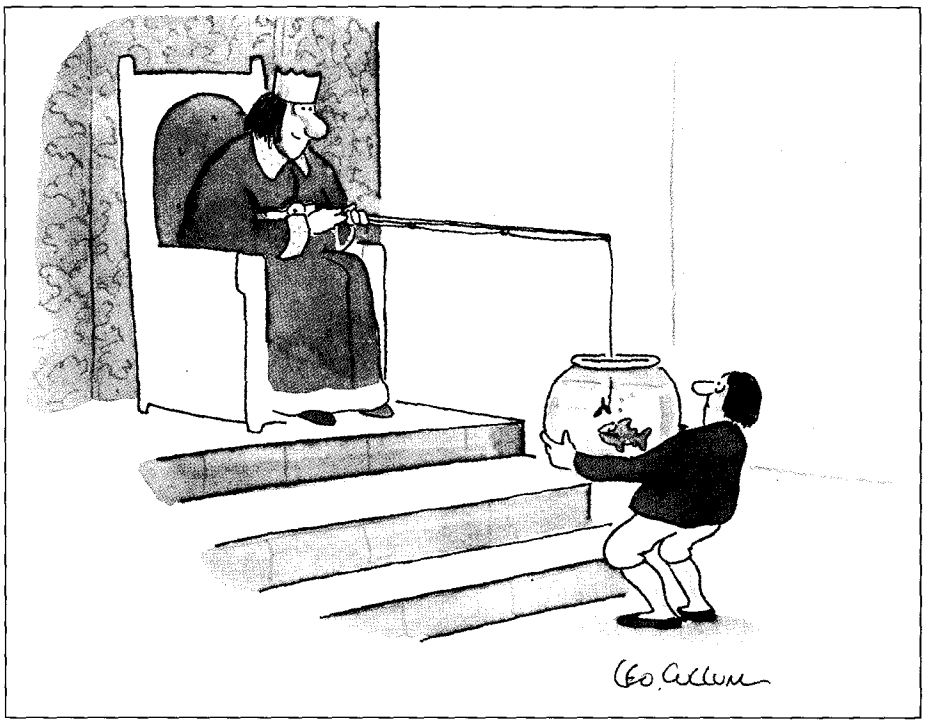
After years of peanut butter
and jam,
Steak is on the way.
I've graduated to ham,
As well as Tanqueray.

—Nathalie Ketterer

Don't Just Give It Away

Temper is just too valuable to lose.

—Rose L. Korotkin



Avoid the Egg Salad

My 13-year-old son, Kevin, recently wrote a book report for school on learning right from wrong.

In the report, he misspelled the word "soap." One of the sentences read, "Once when I said a bad word, my mom washed my mouth out with soup."

The teacher asked Kevin, "You meant 'soap,' didn't you? To wash your mouth out with soup would hardly be a punishment, would it?"

Kevin replied, "It would be the way my mom makes it!"

—Michael R. Luna

The Junk Drawer

I cannot have a kitchen
Without a drawer of "junk."
It seems to hold more objects
Than would fit in a trunk.

Whenever I need something,
It must be in that drawer.
And if it isn't in there,
It exists no more.

Sometimes I throw out
The "junk" inside the drawer.
But it isn't long until
It's holding "junk" once more.

—Alice Clay Johnson

Rakish Behavior

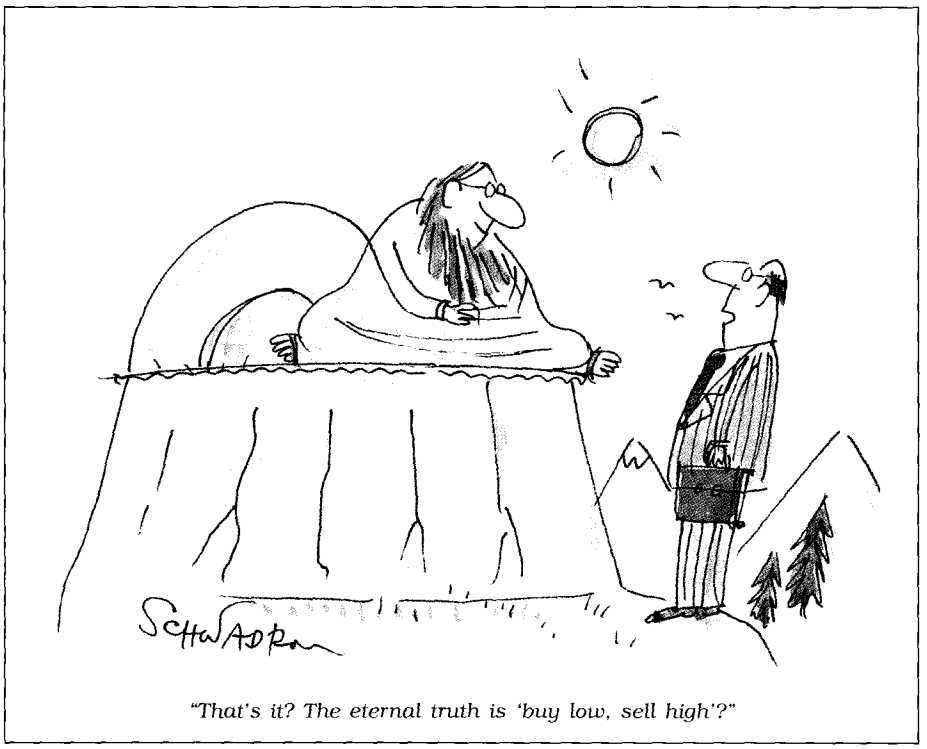
Leaves turn red and tumble down.
You can see them fall all over
town.
It won't be long until arms are
aching
From all that sweeping, dumping,
and raking.

—James Rhodes

The Perfect Birthday Present

Something on which my heart
is set?
Something for which I hunger?
Something I'd *really* like to get?
Younger.

—Betty Billipp



"That's it? The eternal truth is 'buy low, sell high'?"

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JOAN LUNDEN: 46, FIT & FEISTY

If you doubt the value of healthy eating, feast your eyes on the svelte cohost of "GMA," then sample her recipes for success.

by Holly G. Miller

Fans of "Good Morning America" have seen less of Joan Lunden since she made good on her vow to lose 50 pounds by her 40th birthday. That was six years ago—she turns 46 this month—and her ability to reach and maintain her goal weight of 130 pounds touched off a wave of requests for the recipe for her success. Viewers had watched her steady reduction from a size 14 to a 12 to a 10 to an 8, and wanted to be in on the secret. How was her current diet-exercise combo different from all the others she had tried during her 16 years as cohost of "GMA"? If she could reinvent herself before their very eyes, couldn't she help them do the same? She responded last year with an exercise video, *Workout America.* Then a friend, Laura Morton, suggested that a cookbook was the logical next step.

"Somehow I knew that Laura's half-baked idea would make it to the table," jokes Lunden.

Lunden credits "Good Morning America" colleague Spencer Christian with launching the shape-up program that transformed her from a size 14 to a size 8. A new wardrobe and short hairstyle completed the makeover.

Her goal was to produce a book that eventually would boast sticky pages. What better testimony to serious usage? To make that happen, she knew she must do more than merely spend an afternoon at home transcribing recipes from index cards labeled "From the kitchen of. . . ." She decided that to create a significant blueprint for fitness, she would need "a small army of people" and set about to muster the troops. Laura Morton signed on as coauthor and was joined by a food tester, photographer, researcher, archivist, makeup artist, nutritionist, personal trainer, publicist, food stylist, production assistant, and the list goes on. Even Joan's daughters—Jamie, Lindsay, and Sarah—were pressed into service to pass judgment on various dishes. For glitter and credibility, Lunden phoned around and gathered food tips and favorite recipes from Julia Child and other kitchen magicians who had visited the "GMA" set over the years. Her hope was that readers would gain (and lose) from the experts' advice.

The result, *Joan Lunden's Healthy Cooking,* is much more than a collection of a hundred very good recipes. In fact, the first nutritionally correct snack doesn't even appear until page 79. A "first course" leads up to those low-fat and calorie-stingy appetizers and is a tell-all explanation of Lunden's history of packing on and peeling off the pounds. She even includes a pictorial timeline that shows her at her heaviest (180 pounds) and her sleekest (125 pounds). In her running commentary, she strips the mystique from celebrity life and candidly discusses her on-again, off-again attempts to shape up. She doesn't blame her topsy-turvy work schedule, her three pregnancies, or her crumbling marriage for her spiraling weight gain. They were merely three of many factors that contributed to her habits of eating too much, sleeping too little, and never finding time to exercise.

"My life was not quite the perfect picture always portrayed to the public," she says. "I couldn't pretend anymore. My reality was that I had no energy, no patience, no ability to wear fashionable clothes, no way to bring down my stress level. Any way I added it up, there could no longer be any more excuses for not changing my life."

The "perfect picture" that she projected on national television dated back to her early years at a small Sacramento station. Hired to contribute occasional consumer pieces, she had quickly demonstrated an ability to connect with audiences. Although she had no formal training for a media job, she rose rapidly through the ranks—first as a "weather girl" and then as the noon anchor. Within a couple of years, New York beckoned, and she joined the staff of a TV station that had a news team reflecting the ethnic makeup of

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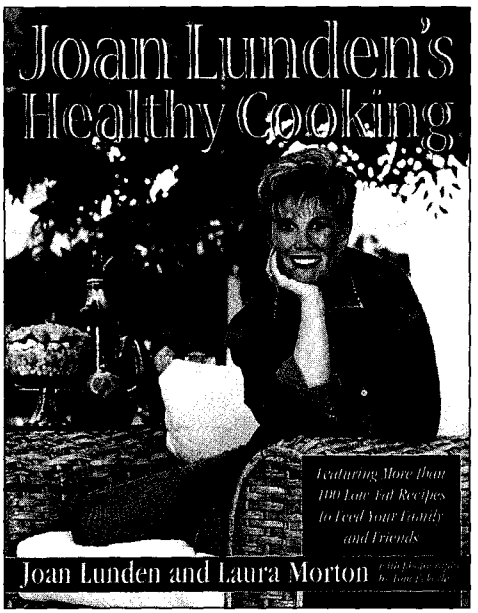
the city. She didn't know it at the time, but she and another recruit had been hired to fill the slots of "blond WASPs." Her colleagues, who were veteran journalists and wary of these inexperienced newcomers, quickly dubbed the duo "Ken and Barbie."

She worked hard, learned fast, and lived conveniently close to the studio. On more than one occasion, laryngitis or a traffic jam prevented a news anchor from hosting a show, and she dashed across the street as a last-minute substitute. By then she had shortened her last name from Blunden to Lunden—the studio feared her critics might call her Joan Blunder—and she was settling nicely into the job. Her charisma soon earned her a regular spot as a consumer reporter on "Good Morning America" and then the coveted role as David Hartman's co-host. By the time she was 30, she had one of the most visible assignments in television, was happily married, and was expecting her first daughter. Millions of fans delighted in her pregnancy and didn't mind that she tipped the scales at 190 pounds when she delivered. Her habit of yo-yo weight fluctuations clearly had begun.

"I truly believed I would gain 20 or 30 pounds, have an eight-pound baby, lose an additional five to ten pounds from giving birth, and have my weight completely under control. Guess the joke was on me!" she says.


Joan Lunden's Healthy Cooking
Featuring More Than 100 Low-Fat Recipes to Feed Your Family and Friends
Joan Lunden and Laura Morton

Lunden admits that fear was a factor in her decision to eat less and exercise more. She was at risk of developing diabetes, and she needed to lower her cholesterol. Today, her doctor gives her a clean bill of health.

In preparing for her cookbook, Lunden reviewed tapes of those early years and cringed at the documentation of her up-and-down weight swings. She asked an assistant to screen all of the New Year's Day broadcasts of "GMA" and, sure enough, the topic of resolutions always came up. Her goals for the year predictably included some mention of fitness. But not until she faced her 40th birthday did any action follow the banter. She embarked on a year-long, carefully designed program of food management and exercise. The results, evident from 7:00 to 9:00 a.m., Monday through Friday, were astonishing.

And they still are. Lunden, on the eve of another birthday and on the brink of more resolutions, has never looked better. Gone are the baggy sweaters, the bland colors, and the poofy hairdos that were designed to "balance" her expanding physique. She no longer worries that a close-cropped hair style might look out of proportion with linebacker shoulders. Those are gone, too. She now has fun with clothes—denim on one day, black leather the next, and then a pinstripe suit—and has energy to spare. As part of her maintenance program, she talks freely about her journey to fitness, encourages others to follow her example, and offers her recipes for success.

"Often when people go through big changes in their lives, they get this unbounded enthusiasm to share them with others—and I definitely got bitten by that bug," she says. "Maybe others will say, 'I want what she ordered. I want what she's having.' That would be incredibly great." ▲

Joan Lunden's Healthy Cooking *by Joan Lunden and Laura Morton (Little, Brown and Company, 1996) is available at bookstores.*

Joan Lunden's Healthful Recipes

Zucchini Boats

For the filling:

1 cup cooked chopped spinach
½ medium onion, chopped fine, blanched in boiling water for 1 minute and cooled
2 teaspoons dried oregano
3 cups cooked white or brown rice
2 cups low-fat cottage or ricotta cheese
Salt and pepper to taste

For the rest:

4 medium zucchinis, each about 8 inches long
Nonstick vegetable oil spray
1 cup of homemade or purchased tomato sauce
3 ounces low-fat mozzarella, coarsely grated

Preheat the oven to 400° F. Toss all the filling ingredients together in a bowl. Cut off the ends of the zucchinis and halve lengthwise. Remove the seeds. Arrange the zucchini halves cut side down on a sheet pan that has been lightly sprayed with vegetable oil spray and roast for 8-10 minutes. Mound one eighth of the filling in the cavity of each zucchini boat. Return the boats to the oven and heat for 10 minutes. Top each with one eighth cup of the tomato sauce and one eighth of the mozzarella. Bake for 5 more minutes.

Easy Salmon and Vegetables in Foil

4 six-ounce pieces salmon fillets
4 teaspoons fresh lemon juice
2 teaspoons finely chopped fresh ginger (optional)
Salt and pepper to taste
2 tablespoons extra-virgin olive oil
2 red potatoes, boiled until just tender and sliced
1 cup snow peas, blanched in boiling water for 30 seconds and drained
2 carrots, thinly sliced and blanched in boiling water for 1 minute
¼ small zucchini, sliced
¼ small fennel bulb, thinly sliced (optional)
4 teaspoons chopped fresh dill, basil, thyme, or parsley for garnish

Preheat oven to 400° F. Cut four sheets of foil into rectangles, about 10x16 inches. Arrange one piece of salmon in the middle of each sheet, slightly to the left of center. Sprinkle one teaspoon of lemon juice and ½ teaspoon ginger (if using) over each piece of salmon, and season with salt and pepper. Top each salmon fillet with one fourth of the olive oil, and one fourth of each of the vegetables. Fold the foil over the salmon to form a rectangle, and crimp all the edges tightly. Bake the packets on cookie sheets for 15 minutes or until salmon is cooked through. To serve, place a packet on each of four dinner plates, slash an X in each to open it up, and sprinkle with some of the fresh chopped herbs.

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FRED MEIJER: MINDING THE MEGASTORE

He's not your average millionaire-cum-chain-store-mogul in a three-piece suit, but "just Fred"—a regular guy with 101 superstores across the Midwest.

by Ted Kreiter

It all started 62 years ago when Hendrik Meijer, a barber in Greenville, Michigan, couldn't rent or sell the building space adjoining his shop, so he converted it to a grocery stocked with $338.76 worth of inventory acquired on credit.

He soon found that running a grocery and outwitting the owners of Greenville's 22 other grocery stores was more fun than cutting hair. To maintain his edge, he and his son, Fred, made buying trips far afield looking for quality bargains with which to undersell their competitors.

The barber-turned-grocery clerk turned out to have a savvy instinct for business and a natural talent for pleasing customers.

One day, Fred recalls, a man brought in a package of cereal. "My wife bought this here," he said, "and it's the wrong thing. We want our money back." Fred noticed the package had an Atlantic and Pacific label across the bottom. But as he started to tell the man that his wife couldn't have bought the cereal at their store, his dad broke in. "Give the man back the ten cents for what his wife bought here," he said. Then taking Fred aside, he explained, "Listen, we can eat it. Don't send him back to the A&P for a dime when we can eat the cereal."

Young Fred learned his lesson well. Today the Dutch immigrant's son owns 101 stores in five states and still offers pretty much the same refund policy.

Today's Meijer stores are quite different from the one Fred worked in as a boy. Five times bigger than the typical supermarket, Meijer megastores offer customers just about everything: food, jewelry, small appliances, sporting goods, clothing, home furnishings, hardware, videocassettes, pharmaceuticals, garden supplies, one-hour photo service, and much, much more.

Why so much stuff? Because Fred Meijer can deny his customers nothing. There's even a gallery of fast-food restaurants—including Fred's American Grill, Wontons, and the Pizza Pan—in case shoppers get the hungries while cruising through the store. There's also a hand-dipped ice-cream shop where they can scoop up tasty treats from pumpkin flavor to Superman (red, blue, and yellow) and a bakery stand offering fresh baked bagels with a choice of tasty spreads. All this, plus the fact that Meijer stores are open 24 hours a day, every day of the year, adds up to a menu for success.

But it's not all that simple. Other combination chains have tried the same idea. Wal-Mart began adding groceries to its stores in the late '80s to produce Hypermart USAs, but the Wal-Mart concept hasn't yet captivated the shopping public the way Meijer's has.

The Meijer strategy may be the secret. It stresses food as the main draw, nonfood items being a nice bonus. Crisp lettuce and flavorful tomatoes draw shoppers to fishing poles and car batteries rather than vice versa.

"Anyone can stock baked beans and detergents," Fred Meijer maintains, "but running a produce department is an art." Meijer stores still display vegetables in the old-fashioned way—in their original shipping crates. Shoppers are confronted with new and inviting choices, including edible flowers.

At Meijer store grand openings, shoppers in search of bargains are often surprised to be greeted by the owner himself, a smiling, silver-haired gentleman handing them a coupon with a purple cow on it. The coupons

A young Fred Meijer (circa 1935) paints daily prices on the front window of the first Meijer store, the North Side Grocery in Greenville, Michigan. The unheated store room "was darn cold," he recalls, and the plasterer did the walls in exchange for a used $10 violin.

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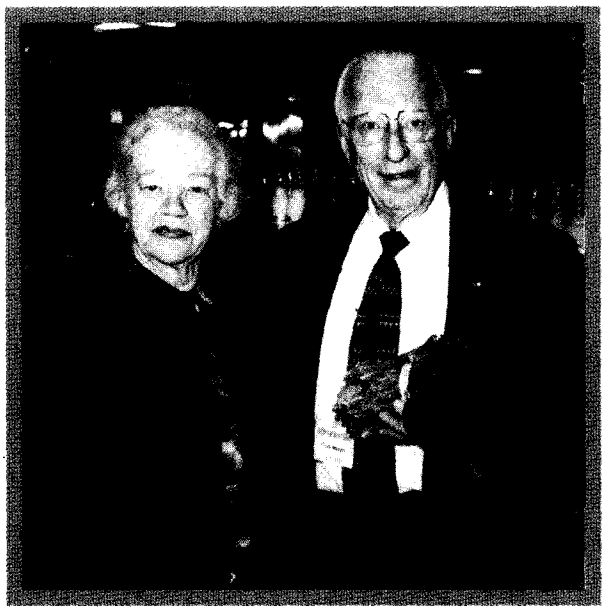
bear Fred Meijer's handwritten signature and are good for a free ice-cream cone, a cup of coffee, or a cold drink.

"I've given these to the Queen of the Netherlands, Generals Colin Powell and Norman Schwarzkopf, and former President Jimmy Carter and [his wife] Rosalyn, state governors, and lots of congressmen," Meijer gleefully tells a reporter. "And I'll probably give out 500 today. I love doing this."

"You can always tell when Fred's in the store," says one Meijer associate. He shakes hands and jokes with customers, talks about the company's environmental concerns, recycling efforts, and use of biodegradable products. Meijer pals around with the company's truck drivers, some of whom he's known for years. And he prefers that everyone simply call him "Fred."



Fred's doctor recommended eating a green, leafy vegetable, so every morning the grocery magnate eats a generous helping of Meijer fresh spinach. He and wife Lena recently celebrated their 50th anniversary.

Fred has tried to steer Meijer Inc. clear of the pitfalls of being a large company. The chain's 70,000 workers are "associates," not "employees," and customers are "guests." This is all part of the Meijer philosophy, which is printed and presented to each new associate. "A lot of our associates are new," Fred says, "and it's because of that that we have to try to indoctrinate our philosophy so that with growth, we don't lose the very things that enabled us to grow."

One of those things is "dignity." "We try to treat everyone with dignity," Meijer says. "You treat people with dignity when you hire them, if they can't get a job. We were early in hiring minorities and women, we have lots of older people, and we pioneered handicapped employment. A lot of laws were developed from our practices."

Meijer stores sell alcoholic beverages, tobacco products, and coffee, although these are things that Fred Meijer himself never touches.

"My father drank a lot of coffee. He gave me a taste when I was nine years old," Meijer recalls. "I didn't like it and haven't used it since.

"Later my father told me he would buy cigarettes for me if I wanted them, but he thought I'd be wrong to smoke. So I would go around and say, 'My dad will buy me cigarettes anytime.' While the other guys were drinking coffee, smoking corn silk, swiping cigarettes from their parents, or rolling their own, I could have had them, but Dad psyched me out, I guess. I never tried them. And the fellows in high school who drank quite a bit and said, 'You don't know what you're missing by not smoking,' almost all of them are now dead or in nursing homes."

At age 76 the head of the Meijer chain could be excused for resting upon success and letting the rest of the world go by. After all, his company has been ranked 18th on the Forbes list of America's 500 largest privately owned companies. But Fred is not interested in retirement. Nor does he put much stock in acquiring the trappings of wealth.

"We have only one house," the multimillionaire says. "A house we have lived in for almost 30 years. We don't need any more. We don't have a vacation home or boats. There's nothing wrong with homes and boats. It's just that I have more fun being with people."

Meijer tries to stay in the peak of health by eating right and exercising. "The first thing in the morning, Lena—my wife of 50 years—and I add miles to our bike odometers," he says. "Thirty-one thousand, eight hundred miles in the past five or six years. I also have a treadmill." For a

continued on page 82

Meijer stores still display vegetables in the old-fashioned way—in their original shipping crates. "Anyone can stock baked beans and detergents," Fred Meijer maintains, "but running a produce department is an art."

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SAFE UNDER THE SUN

The tragedy of young people dying from malignant melanoma galvanized an entire nation into action to fight the world's highest rate of skin cancer. What can we learn from Australia's success?

by Patrick Perry

Twenty-eight-year-old Mark Marcelis was a typical sun-loving Aussie. Like his friends, he loved the beach and spent most of his teenage years on or around the water. Young, dynamic, and healthy, Mark paid no attention to the slowly changing mole on his lower back—until it was too late. The mole was a cancerous melanoma. In the early stages, melanoma, the most serious form of skin cancer, is completely curable. Unfortunately, Mark had waited too long. The cancer had penetrated deeply within his skin and had begun its slow spread into the bloodstream and vital organs.

Mark was given two years to live.

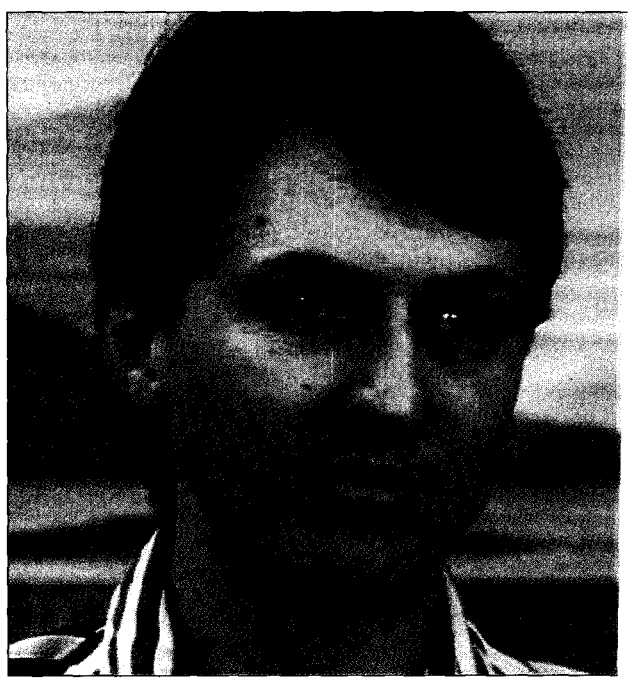
Unlike some who withdraw from life when faced with such a grim prognosis, Mark vowed that he would devote his limited time to educating others about the dangers of sun exposure. Pacing up and down beaches at midafternoon, Mark shared his story with beach dwellers. He talked to fathers and mothers about the need to check moles on themselves and their children, to lily-white Australian teens about the hazards of tanning and the benefits of sunscreens, and to all on the importance of self-examination and the changes to look for in moles.

Australia's "60 Minutes" profiled Mark's courageous campaign in 1988. The producers introduced the segment by stating that too much sun on sensitive skin had turned Australia's beautiful sandy shores into ". . .beaches every bit as dangerous as a war zone." Mark's moving story stunned the nation, motivating thousands to visit their dermatologists to check out suspicious moles. The Australasian College of Dermatologists estimated that the 20-minute-long segment on Mark Marcelis stimulated more awareness of melanoma than all of their public efforts combined, saving hundreds of lives throughout the country.

When asked in the interview what he thought it was going to take to make Australians wake up to the dangers of sun exposure, Mark prophetically said: "Certainly, I hope it's not my dying, but then . . . ."

Four months after the story aired, Mark Marcelis died.

Today, Australia continues its campaign to alert the public to the dangers of excessive sun exposure. Although the nation still has the highest incidence of skin cancer in the world, with two out of every three Australians developing some form of skin cancer in their lifetimes, Australia's skin cancer rates are beginning to show signs of decline. Results of a 65-year study by the Anti-Cancer Council of Victoria, published in a May issue of the *British Medical Journal*, show a national trend in the slowing of male deaths and a distinct decline in female deaths due to melanoma. Brave individuals such as Mark Marcelis—and



When youthful Mark Marcelis appeared on "60 Minutes" in Australia, he stunned the nation with his courageous story of how he was dying of skin cancer and how he vowed to warn fellow Australians about the risks of sun exposure. Dermatologists reported a 30 percent increase in examinations for melanoma after the broadcast and removed potentially cancerous moles from patients just in time, saving hundreds of lives.

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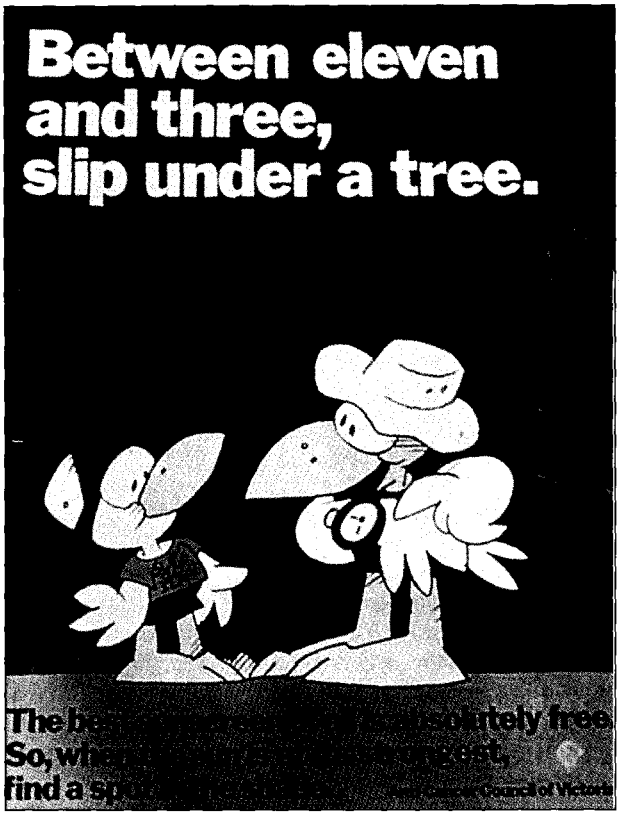

For 15 years the animated character Sid Seagull has alerted the Australian public to the dangers of sun exposure. One of Sid's most successful TV and print appearances introduced the *Slip! Slop! Slap!* campaign—any time you head outdoors, *Slip* on a shirt, *Slop* on some sunscreen, *Slap* on a hat. The slogan has become part of the nation's colloquial language.

early detection and prevention campaigns such as *Slip! Slop! Slap!* and *SunSmart*—are given much of the credit for the decline.

The aggressive and broad-spectrum *SunSmart* program spearheads the nation's efforts, targeting behavior, clothes, people, organizations, and activities. The program, for example, promotes long-term sun protection through a nationwide shade policy in which municipalities are encouraged to plant shade trees and build roofed structures in parks and gardens and near swimming pools, sporting events, and schools. Communities are also encouraged to schedule municipal functions and events before 11:00 a.m. and after 3:00 p.m. (DST), when the sun's rays are less harmful. *SunSmart*'s public-education programs are trendy and appealing.

One of the most innovative programs to emerge from down under, however, is the *Slip! Slop! Slap!* campaign, featuring the mascot Sid Seagull. First launched in the early 1980s, the catchy slogan quickly caught on, making "sun-smarts" easy to follow and easy to remember. The message is simple: Before heading outdoors, *Slip* on a shirt, *Slop* on the sunscreen, and *Slap* on a hat.

"The success of our skin-cancer public-education campaigns in prevention and early detection is now evident in the best way possible," says Dr. Robert Burton, director of the Anti-Cancer Council of Victoria, "a decline in deaths from melanoma."

Public perception of tanning also has changed. As recently as 1988, 69 percent of Australians believed that suntans were desirable. By 1992 the figure had dropped to 48 percent. This reversal in public perception has had a profound effect. Going to work on Monday morning with a sunburn has become a source of embarrassment. Returning from holidays with a deep suntan is as likely to draw negative comments as it is to be admired. Hats have become fashionable, worn by models in women's magazines and by sportsmen, sports spectators, children, even teens.

In short, it's become fashionable to protect your skin.

Skin Cancer in the United States

Could the United States learn from this Australian success story? Would the *Slip! Slop! Slap!* campaign be successful here?

Over one million new skin cancer cases will be diagnosed in the United States in 1996, according to the American Academy of Dermatology. In fact, someone in this country dies from skin cancer every hour. Despite widespread media coverage, cancer-awareness campaigns, and a mountain of scientific evidence that suntanning is anything but healthy, many people continue to spend hours on the beach and in tanning beds in search of that "healthy glow."

And the incidence of skin cancer has risen dramatically over the past several decades.

In the 1930s, the risk of developing melanoma was one in 1,500. By 1980, it was one in 250. Experts estimate that if melanoma continues rising at its present rate, the chance of developing the potentially deadly form of skin cancer will be one in 75 by the year 2000. As researchers argue over the environmental causes—ozone depletion and the greater amounts of ultraviolet radiation reaching the surface of the earth—no

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Schools are a primary target of Australia's *SunSmart* campaign, providing skin-cancer-prevention information to educators and children, including such safety tips as wearing hats and scheduling outdoor functions before 11:00 a.m. and after 3:00 p.m.

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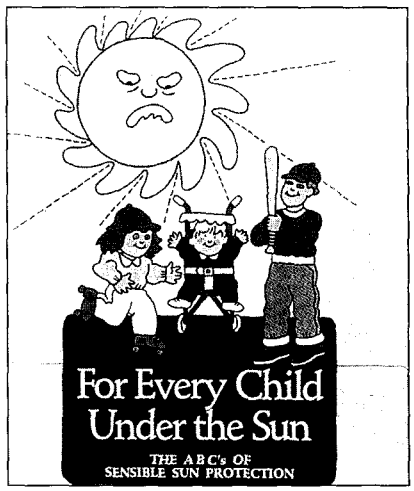
one argues with the need for increased protection from the sun's damaging rays.

According to a nationwide survey coproduced by The Skin Cancer Foundation, Americans are more familiar today with the warning signs of skin cancer than they were ten years ago; nine in ten use some form of sunscreen, and almost two thirds of them practice skin self-examination. But the survey also showed that more than two thirds of the respondents said they look and feel healthier with a tan, and more than half actively seek one.

"Although the responses demonstrated that Americans are beginning to grasp the importance of sun safety," said Mitzi Moulds, executive director of The Skin Cancer Foundation, "health professionals and educators especially have to keep driving home the key messages: Avoid the sun during its peak hours, refrain from tanning, and use sun-protective clothing, sunglasses, and sunscreen whenever you're outside."



Researchers now believe that severe childhood sunburns increase one's lifetime risk of melanoma. Considering that more than 90 percent of all skin cancers are caused by the sun, and most sun exposure occurs before the age of 20, parents should start educating and protecting their children early in life. Easy-to-follow guides to sun-protection practices for children are readily available from The Skin Cancer Foundation.

Recognizing Skin Cancer

Untreated, melanomas are the most life-threatening forms of skin cancer, but they are not the only forms of the disease. The most common is basal cell carcinoma, affecting some 640,000 people each year. Basal cell cancer usually appears as a small bump or nodule on the neck, scalp, hand, or as a small flat growth on the trunk of the body. Unlike melanoma, basal cell carcinoma does not spread quickly and rarely metastasizes, but can cause considerable damage to surrounding skin surfaces, resulting in disfigurement. Another type of skin cancer, striking some 160,000 people in the United States annually, is squamous cell carcinoma, which usually appears as red, scaly patches on the face, mouth, and ears, and can spread to other portions of the body.

A precancerous lesion, actinic keratosis, presents itself as a raised, scaly, dry patch that doesn't heal and should be seen by a dermatologist.

While these forms of skin cancer can in certain instances be deadly, malignant melanoma claims more lives than any other type of skin cancer. Characterized by the uncontrolled growth of pigment-producing cells called melanocytes, melanomas can appear suddenly without warning or develop from or near an existing mole.

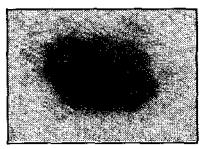
Prevention remains the first line of defense against skin cancer, but early detection allows one to survive what

The ABCD's of Melanoma

Most people have a number of brownish spots on their skin—freckles, birthmarks, moles. Almost all such spots are normal, but a few may be skin cancers. Key warning signs of melanoma are shown below. Be alert to irregularities in shape, edges, color, and size. The ABCD's of melanoma are: Asymmetry, Border irregularity, Color variability, and Diameter larger than a pencil eraser.

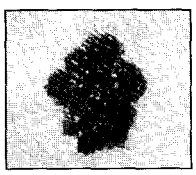
ASYMMETRY

Most early melanomas are asymmetrical: a line through the middle of it would not create matching halves. Common moles are round and have a symmetrical shape.



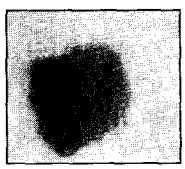
BORDER

The borders of early melanomas are often uneven and may have scalloped or notched edges. Common moles have smoother, more even borders.



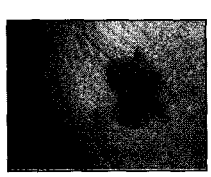
COLOR

Common moles usually are a single shade of brown. Varied shades of brown, tan, or black are often the first signs of melanoma. As melanomas progress, the colors red, white, and blue may appear.

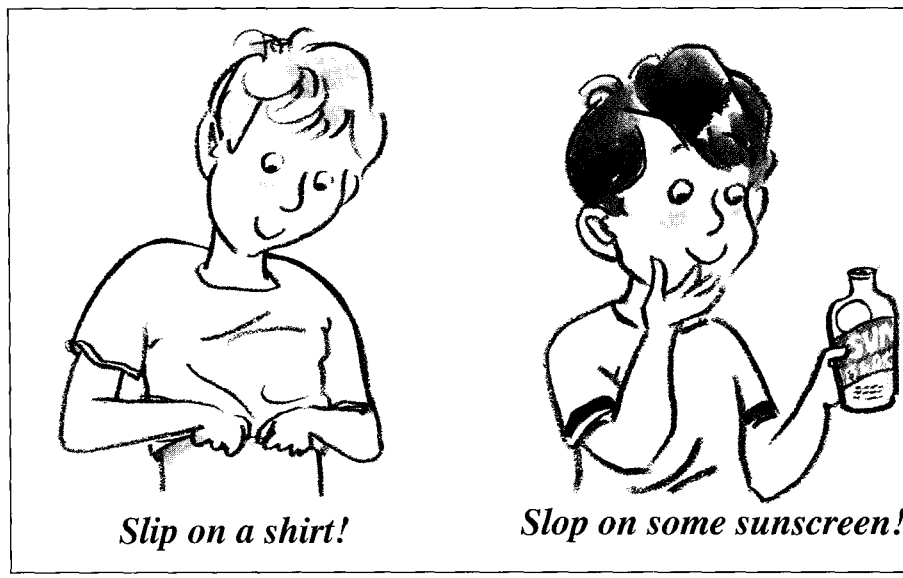


DIAMETER

Early-stage melanomas tend to grow larger than common moles—generally to at least the size of a pencil eraser (about 6 mm, or ¼ inch, in diameter).



—The Skin Cancer Foundation



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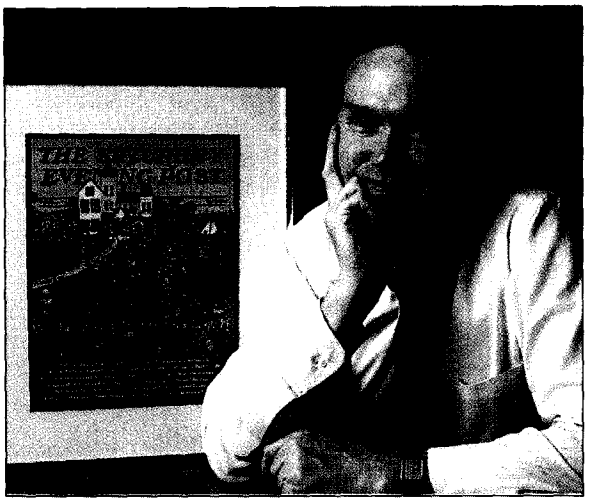
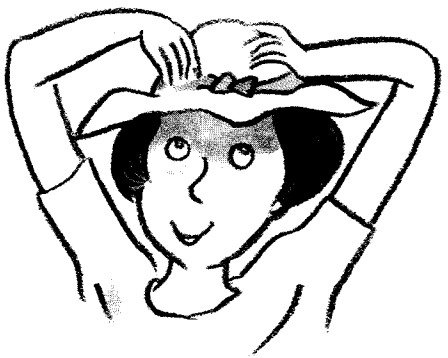


Gerald W. Malky, then president of a Pittsburgh engineering design firm, discovered a mole on his back that matched a malignant melanoma illustrated in a "Medical Mailbox" article in *The Saturday Evening Post*. He kept the 1974 copy framed in his family room and told anybody who would listen about the miracle of circumstances that led to his reading the lifesaving article and the benefits of early detection. The *Post* has been writing about the danger of malignant melanoma and the importance of self-examination for two decades.

could otherwise be a deadly disease.

Most people have moles. The key to proper self-examination is to note any changes in these moles. In examining oneself for melanoma, look for unusual moles that are generally larger than the normal variety, variable in color, have irregular borders, and may occur in far greater number than regular moles. Caucasian populations should look particularly for atypical moles on the back and chest and, in women, the abdomen and legs. But in reality these particular moles can occur anywhere on the body.



Slap on a hat!

Getting Sun Smart

Unfortunately, damage done by sun exposure is permanent and the effect cumulative. Besides its potential for causing fatal skin cancer, sunlight is responsible for wrinkles and the leathering of the skin, making its victims look old before their time. In the United States, models and actresses are held up as the epitome of beauty, yet these women who grace the covers of magazines and star in films know that their careers would be cut short if they didn't protect their most precious asset—their skin.

The secrets to sun safety are quite simple. Remember Sid Seagull and the simple slogan: *Slip! Slop! Slap!*

*__Slip__ on a shirt!—While any clothing gives some degree of protection, some fabrics are better at blocking out the ultraviolet rays than others. A simple rule of thumb is to hold the fabric up against the light: the closer the weave, the better the protection. Shirts with high collars and long sleeves are best. A number of companies have developed clothing rated for its sun-protective abilities.

*__Slop__ on some sunscreen!—Select and apply a sunscreen that is water resistant with a sun protection factor (SPF) of 15 or more before going outside: generally, the higher the SPF number, the greater the protection. Apply the sunscreen 20 minutes before going outside. The time allows the active ingredients to sink into the skin. Reapply frequently and liberally.

*__Slap__ on a hat!—Pick a comfortable, wide-brimmed hat for the best protection and wear it while outside.

And don't forget to protect your eyes as well. Chronic sun exposure is directly related to the onset of cataracts and is responsible for a sizable proportion of the more than one million cataracts operated on yearly in the United States, according to a report in the 1995 *Skin Cancer Foundation Journal*. Studies have shown that people whose eyes are exposed to the sun for hours every day are three times as likely to develop cataracts as those who protect their eyes with approved sunglasses or brimmed hats. Chronic sun exposure is also linked to malignant melanomas of the eyelids, as well as macular degeneration, a leading cause of blindness. The Skin Cancer Foundation recommends selecting protective sunglasses with wraparound frames that block at least 99 percent of the UVA and UVB rays. Read the labels.

"When purchasing sunglasses, health should have a higher priority than fashion," says Dr. Rodriguez-Sains, attending surgeon and chief of the Ocular Tumor and Orbital Clinic, Manhattan Eye, Ear & Throat Hospital in New York City.

Skin Cancer Fact Sheet

- Half of all new cancers are skin cancers.
- Approximately one million new cases of skin cancer will be diagnosed in the United States this year.
- About 80 percent of the new cases will be basal cell carcinoma and squamous cell carcinoma (about 800,000 cases).
- Both basal cell carcinoma and squamous cell carcinoma have a better than 95 percent cure rate if detected and treated early.
- Approximately 2,100 people will die of basal cell carcinoma or squamous cell carcinoma in 1996.
- There will be about 38,300 new cases of malignant melanoma during 1996, a 12 percent increase from last year.
- 7,300 deaths will be attributed to malignant melanoma in 1996. Of these deaths, 4,600 will be men; 2,700 will be women. Older Caucasian males have the highest mortality rates.
- The incidence of malignant melanoma doubled among the Caucasian population between 1973 and 1991.
- Six of seven skin cancer deaths are from malignant melanoma.
- Melanoma is more common than any nonskin cancer among people between 25 and 29 years old.

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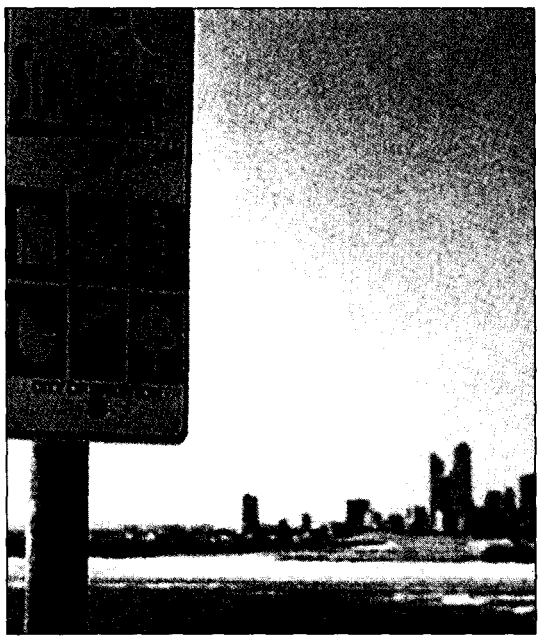
Hope for the Future

Scientists around the world are working on a melanoma vaccine. The idea behind the vaccine is to harness the body's cancer-killing defense systems to recognize tumors as foreign and thus eradicate them. Doctors at New York's Memorial Sloan-Kettering Cancer Center, where trials of the vaccine are being tested, reported encouraging results at the meeting of the American Society for Clinical Oncology in May. Comparison studies involving hundreds of human subjects will, the doctors hope, prolong the survival rates by slowing the progression of the disease.

Although surgery remains the standard therapy for the deadly disease, malignant melanoma patients at high risk for relapse are now surviving longer than similar patients who had surgery alone. The help comes from an experimental cancer treatment using the hormone-like substance interleukin-2. Researchers led by Dr. Michael T. Lotze at the National Cancer Institute in Bethesda reported that three of six patients with advanced melanoma had a 50 percent or greater shrinkage in the size of their tumors after high-dose injections of interleukin-2 over 4 to 21 days. Also, clinical trials on a host of anticancer drugs are taking place worldwide.

While scientists work feverishly to find a cure for melanoma, prevention and early detection remain our greatest allies.



The city of Brighton, Australia, erected SunSmart reminders along the beaches and walkways, public parks and playgrounds, and at every tee on the public golf course, warning people of the risks of excessive sun exposure and offering simple protection tips. The signage has become a model for other cities.

Reporting in the March 1996 issue of the *Journal of American Academy of Dermatology*, Darrell S. Rigel, M.D., associate professor at New York University Medical Center, addressed the issues facing dermatologists and the public at large in waging a war against skin cancer.

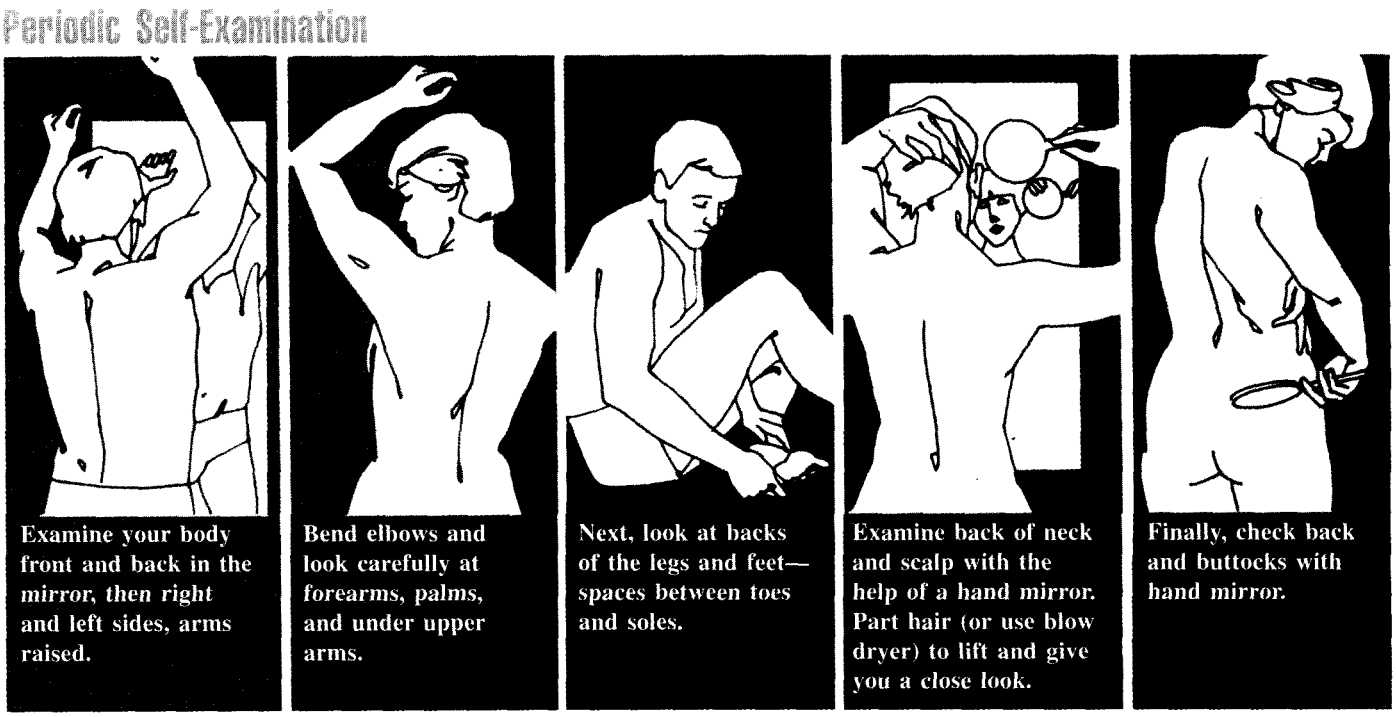
"During the past decade, we have just begun to initiate the programs that may have an impact on melanoma incidence in the future. Although there are numerous research efforts underway in terms of potential treatments, the only current way to reduce the mortality and morbidity from this cancer is by increased public awareness leading to early diagnosis," Dr. Rigel wrote. "We hope that the public education and screening programs . . . continue to grow in scope and effectiveness. . . . We look forward to the day when the current 'near-epidemic' increase in the number of melanomas becomes merely a historical footnote."

Interview with Dr. Antoinette Hood

We spoke with Dr. Antoinette Hood, assistant dean and professor of dermatology and pathology at the Indiana University School of Medicine.

Post: More and more people are developing skin cancer in recent years. Can you tell us what might be behind this dramatic increase?

Dr. Hood: I think there are a number of reasons. First, people have different lifestyles than they did previously. We have a much more mobile society that permits us to spend more time outdoors, particularly on weekends, or to take holidays in


Periodic Self-Examination
Examine your body front and back in the mirror, then right and left sides, arms raised.
Bend elbows and look carefully at forearms, palms, and under upper arms.
Next, look at backs of the legs and feet—spaces between toes and soles.
Examine back of neck and scalp with the help of a hand mirror. Part hair (or use blow dryer) to lift and give you a close look.
Finally, check back and buttocks with hand mirror.

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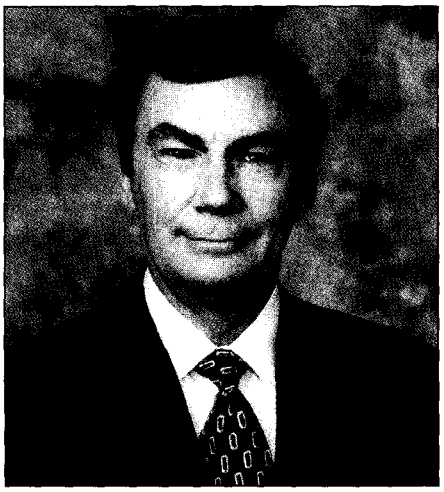

ABC's "PrimeTime Live" correspondent Sam Donaldson had a lesion removed from his right ankle eight years ago. Though told the growth was benign, Donaldson underwent surgery in 1995 to remove a malignant tumor from a lymph node. "Clearly, the melanoma cells must have started growing slowly and migrated to the lymph node," Donaldson said in an interview. In October "PrimeTime Live" will air a special segment on cancer.

sunny environments. As a whole, the population of Americans gets more sunshine than it used to. Second, we have an aging population, and at least some types of skin cancer occur more commonly in older people. As the population ages, we're inevitably going to see more of those kinds of skin cancers. Finally, we're getting better at detecting skin cancers in the earlier stages. That's partially because physicians are more knowledgeable, but I think it's because the public is more knowledgeable about changes in skin and skin cancer.

Post: Is the ozone level a part of the problem?

Dr. Hood: Certainly there are a great number of scientists in the United States who believe that we are receiving an increased level of ultraviolet light on the earth's surface as a result of the diminution of the planet's ozone layer.

Post: If we are getting more solar radiation, how can we protect ourselves from skin cancers?

Dr. Hood: Skin cancers are curable and preventable. Prevention is the key issue. Prevention entails avoiding excessive amounts of sunlight and, most of all, avoiding sunburns, particularly in early childhood and adolescence.

Post: Is it true that sunburn damage can be cumulative, and that a sunburn received at an early age can affect you later on in life?

Dr. Hood: With relation to sunlight, skin cancers can be divided into two groups. The most common types of skin cancer, basal cell carcinomas and squamous cell carcinomas, are definitely related to ultraviolet light exposure and to cumulative sun exposure. The older you are, the more sunlight exposure you've had, the greater the likelihood that you'll develop these particular tumors. We see basal cell carcinomas and squamous cell carcinomas most commonly in groups such as construction workers and farmers, or people who work near the ocean.

The other kind of skin cancer—the one that's more worrisome because it has a higher risk of killing you—is melanoma. That, too, is related to sun exposure, but in a different way. It would appear that melanomas are related to bursts of sunlight exposure acquired early in life, rather than cumulative sun exposure throughout life.

Post: A burst might be one really bad suntan or sunburn that somehow permanently injures the skin?

Dr. Hood: The skin has a peculiar memory system that is not completely understood. There was an interesting study done in Israel that gives us some evidence of the relationship between melanoma and sun exposure. Israel is a country with a lot of sunlight, a lot of immigrants, and a lot of melanoma. Israeli researchers were able to determine that if you immigrated to Israel

continued on page 82

Dr. Antoinette Hood

Sun Safety Tips

- **It is best to stay out of the sun between 10:00 a.m. and 4:00 p.m. (EST), when the sun's rays are strongest. Also, check the National Weather Service's forecasts for the daily UV Index. The NWS forecasts the UV Index daily in 58 U.S. cities: learn the index in your locale by checking your local newspaper or TV and radio stations.**
- **Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.**
- **Wear a broad-brimmed hat and sunglasses, even when walking short distances.**
- **Stay in shade when possible.**
- **Apply a sunscreen with a sun protection factor (SPF) of at least 15. Check the labels for the words "broad spectrum," which means that the product protects against two types of radiation: UVA and UVB.**
- **Reapply sunscreen every two hours when outdoors, even on cloudy days. Apply the product liberally: about 30 milliliters (one ounce) per application for the average-size person, according to The Skin Cancer Foundation.**
- **Cloudy skies do not mean it's all right to head outdoors unprotected. Clouds block only about 20 percent of the ultraviolet radiation. The remaining 80 percent can lead to a serious burn.**
- **Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.**
- **Protect children by minimizing sun exposure and applying sunscreens beginning at six months of age. Get children used to wearing sunscreen so that it becomes as much a habit as brushing teeth or washing hands.**
- **Adhere to sun safety tips all year round. Winter is not risk-free. Make it a year-round habit to wear sunscreens when outdoors.**

—Source: American Academy of Dermatology

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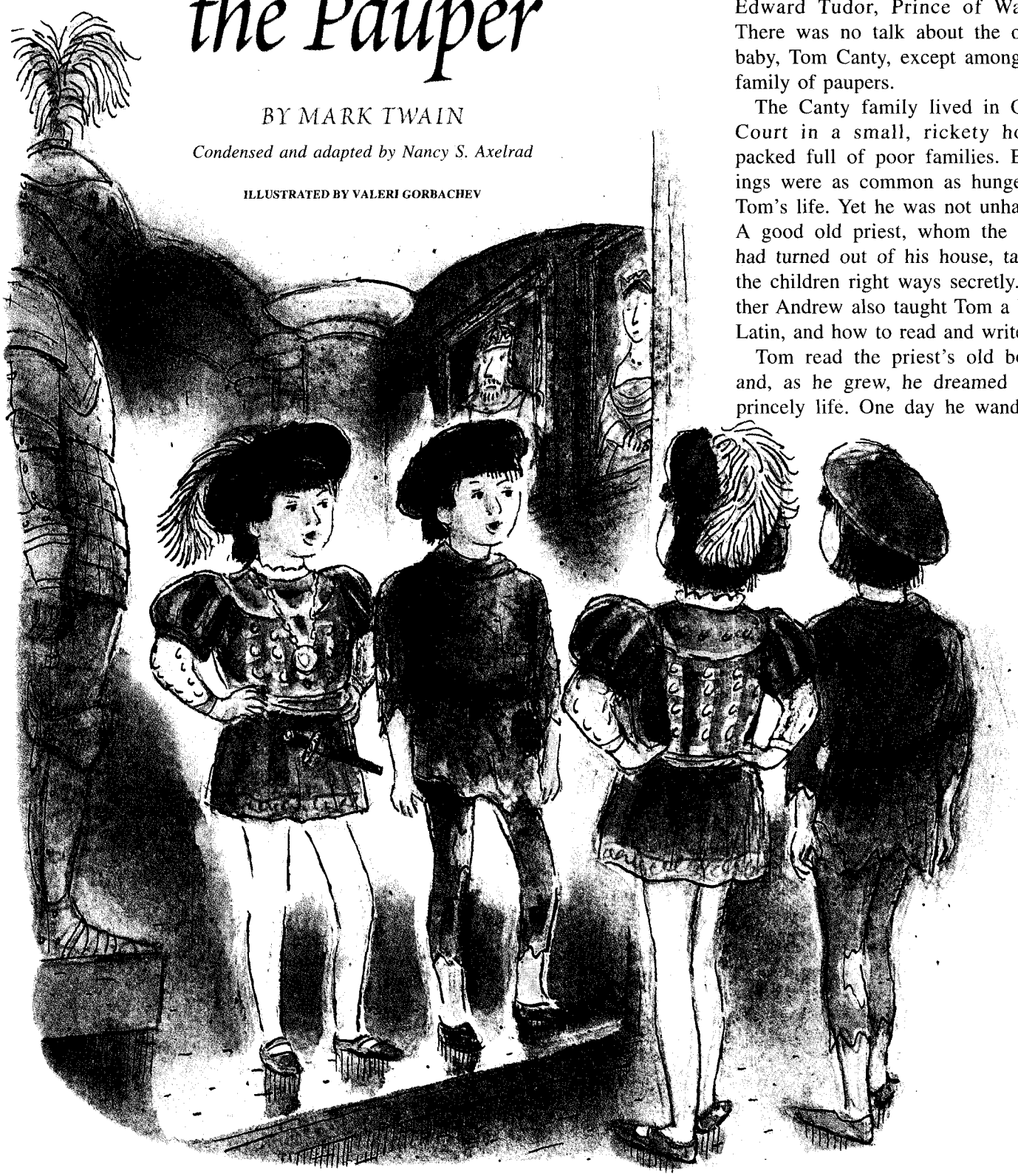
READ ALOUD FOR CHILDREN

The Prince and the Pauper

BY MARK TWAIN

Condensed and adapted by Nancy S. Axelrad

ILLUSTRATED BY VALERI GORBACHEV



In the city of London, on an autumn day in the 16th century, a boy was born to a poor family named Canty, who did not want him. On the same day, another English child was born to a rich family named Tudor. All England wanted Edward Tudor, Prince of Wales. There was no talk about the other baby, Tom Canty, except among his family of paupers.

The Canty family lived in Offal Court in a small, rickety house packed full of poor families. Beatings were as common as hunger in Tom's life. Yet he was not unhappy. A good old priest, whom the king had turned out of his house, taught the children right ways secretly. Father Andrew also taught Tom a little Latin, and how to read and write.

Tom read the priest's old books and, as he grew, he dreamed of a princely life. One day he wandered

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far from home toward the king's palace. Poor ragged Tom approached, moving slowly past the guards as a handsome boy dressed in satin and silk appeared through the bars.

A soldier hurled Tom back into the gaping crowd. "Mind your manners, beggar!"

The crowd jeered, but the prince sprang to the gate. "Let him in!"

You should have heard the crowd shout, "Long live the Prince of Wales!"

He led Tom inside the palace and asked many questions about his life. "In summer," Tom said, "we boys swim in the river and dive and tumble. We wallow in the mud, sir—"

"Oh, if I could revel in the mud once, I'd forego the crown!"

"And if I could wear your clothes, sir—just once—"

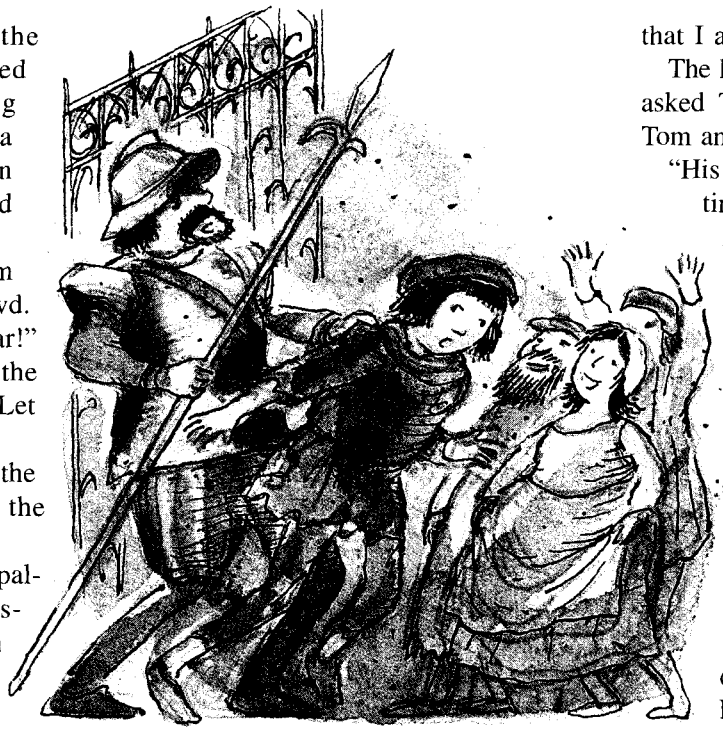
So said, it was done. The Prince of Wales and the Prince of Paupers put on each other's clothes and stood side by side before a great mirror. "You have the same hair, eyes, voice, height, even the same face as I," Edward said. He glanced at Tom's bruised hand. "Do not go until I come back."

He snatched up something from a table, put it away, and flew out the door across the palace grounds. "Open the gate!" Edward demanded. The soldier shoved him into the road. "I am the Prince of Wales! You shall hang for laying your hand on me!"

"Be off, rubbish!" the soldier said angrily.

The crowd closed around the little prince and hustled him down the road. "Way for his Highness!" Then followed such a thing as England never saw before—the heir to the throne set upon by dogs.

His body bruised and his hands bleeding, Edward drifted deep into a maze of alleys. Out of the darkness



came a huge ruffian. "If I do not break all the bones in your body, I am not John Canty," he said, collaring the boy.

The prince twisted loose. "Take me to the king, my father."

The man stared down stupefied. "Gone stark mad," he gasped, and collared the prince again.

Meanwhile, Tom Canty was still admiring himself in the mirror. But as the door opened and "The Lady Jane Grey" was announced, Tom fell to his knees and held up his hands, pleading for mercy. "I am only Tom Canty of Offal Court," he stammered.

"Oh, my lord, on your knees? To me, your cousin!" She fled away in fright, and Tom sank in despair. "There is no hope," he murmured.

News of the prince's madness sped through the palace. The king summoned the boy to his side. "Do not break my heart; say you know your ailing father."

"You are my lord the king, whom God preserves. Your majesty, I was born a pauper. It is only by accident that I am here."

The king was silent awhile. Then he asked Tom a question in Latin, and Tom answered lamely.

"His mind is diseased, but not entirely. My son is mad, but he is my son—and mad or sane, he shall reign!" the king declared.

All the while, the rightful prince had been dragged into Offal Court with a noisy mob at his heels. One man pleaded for the captive, but John Canty crashed his club hard on the meddler's head, and the dim form fell to the ground.

In Canty's house with the door closed against outsiders, Edward found the rest of Tom's family. Twin girls and a woman cowered against the wall as a withered hag with streaming gray hair glided from a corner.

"Show me what your begging got this time," John Canty said.

The prince said, "Do not offend me. I am the king's son."

Canty's broad palm sent the boy staggering into the arms of Tom's mother. Something about his manner

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was lacking in Tom Canty, mad or sane. What if this boy were not her son after all? Oh, but he *must* be!

Several raps came at the door just then, and a voice said, "Canty, do you know who it was you killed? The priest, Father Andrew!"

Scarcely five minutes later, the household was out in the street running for their lives. Tom's father held the prince by the wrist and hurried him through the darkness toward London Bridge. "Mind your tongue, I tell you!" he said.

The Thames River was aglow with bonfires stretching as far as one could see—in honor of the mock Prince of Wales. High above the roar and thunder of the crowd, a bugle sounded. A hush fell over the city as a palace messenger spoke. "The king is dead!"

The words struck a chill to Edward's heart. Then another cry shook the night: "Long live King Edward the Sixth!"

Yet Edward could convince no one that he was king. Although the crowd jeered and taunted him, he stood his ground. "I will not say that I am not king."

"Whether you are or not, you are a gallant lad, and not without a friend. I, Miles Hendon, will prove it." With that, the tall, muscular man caught up the prince in his arms and carried him away from the mob—but not from the clutches of Tom's ruffian father.

The man already had a plan to trick the boy into joining a gang of beggars and thieves. Hearing the boy declare that he was King of England, a tinker shrieked, "Foo-foo, the first!"

Almost before Edward could draw a breath, he was crowned with a tin basin, robed in a tattered blanket, throned on a barrel, and sceptered with the tinker's soldering iron. All flung themselves on their knees and wiped their eyes with their sleeves and aprons. "Be gracious, O king!"

The little monarch's eyes filled with tears. "They are so cruel to me, yet I have done nothing to them."

By dawn, gaiety was gone from the troop of vagabonds. They set forward on a long march, but came to a halt on the outskirts of a village and scattered to ply their trades.

Edward did not slow his pace, but kept going until he was out of harm's reach. On he traveled, wounded and indignant, obliged to keep moving until nightfall. How glad he was to see a glimmer of light coming from a hut! He grew close to look inside. Before a shrine, lighted by a single candle, kneeled an aged man, and on an old wooden box at his side lay an open book and a human skull. The man was large and bony; his hair and whiskers were long and snowy white, and he was clothed in a sheepskin robe.

"A holy hermit!" Edward exclaimed. He nearly leaped for joy as he knocked on the door.

A voice responded: "Enter! But leave sin behind, for the ground you will stand on is holy!"

The boy entered and paused. "I am the king."

"Well, I am an archangel! I might have been pope!" said the hermit. "You are king of what?"

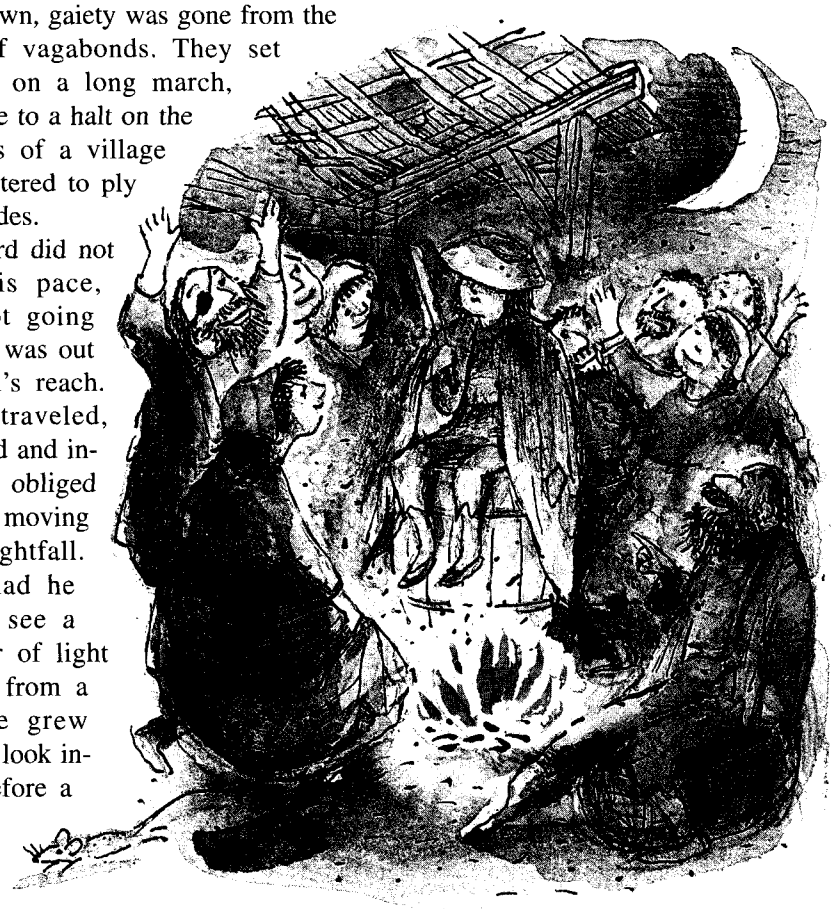
"Of England."

"Henry is gone?"

"I am his son."

A frown settled on the hermit's face. "Do you know that your father turned us out homeless into the world?"

There was no response. The old man scanned the boy's face and listened to his soft breathing. "He's



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asleep," he whispered, and went to sharpen an old butcher knife. "It is best that he not cry out," the hermit muttered.

He took a rag and a thong and gently tied the king's ankles and wrists. Then a bandage was drawn under his chin and brought up over his head. An evil smile crept over the old man's face. "Son of Henry the Eighth, have you prayed?"

The boy's eyes opened, staring up in horror at the knife.

Knocking thundered on the cabin door. The knife dropped from the hermit's hand. He threw a sheepskin over the boy and closed the door behind him.

A voice—that of Miles Hendon—asked, "Where is the boy?"

"If you mean the regal vagrant, I sent him on an errand," the hermit replied.

Footsteps died away quickly, and a dull despair pressed the king's heart. "My only friend is deceived. The hermit will return and—"

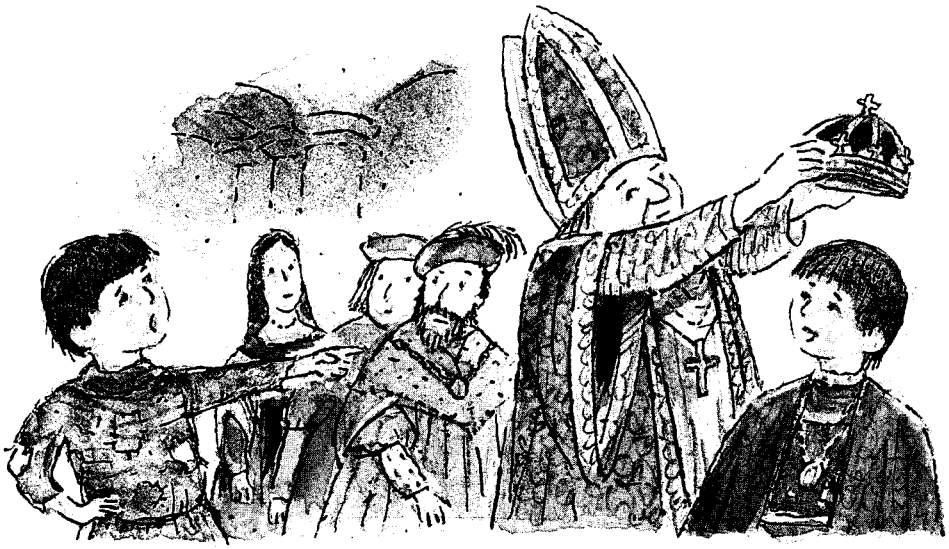
Again the door opened. The king pinched his eyes shut, then opened them to see John Canty and a youth standing before him. A moment later, his limbs were set free and his captors were hurrying him through the forest.

Now did King Tom Canty ever think about the rightful prince who treated him so kindly? At first, yes, but after a while Tom's mind became busy with his kingdom.

On Coronation Day, the people gave a glad shout to welcome him. They received him with prayers and tender words, urging the great pageant forward from one triumphal arch to another.

"And all of this is for me!" murmured Tom Canty.

A triumphant anthem swept through Westminster Abbey as Tom, robed in gold, stepped onto the platform, and the Archbishop of Canterbury held the crown of England over Tom's trembling head. In the same instant, another boy, bare-



headed and dressed in rags, walked up the central aisle. "I forbid you to set the crown of England on that head. I am the king!" he warned.

Several hands were laid on the boy at once. Tom Canty shouted, "Let go of him! He *is* the king!"

Of course, no one believed it. However, the Lord Protector did observe the pair's resemblance. "I desire to ask certain questions which—"

"I will answer them, my lord," Edward said.

"Where is the Great Seal?"

Edward hesitated.

"I know where it is, but I did not put it there first," Tom interrupted. "Before you ran from the palace, you snatched up a large gold disk and looked about as if for a hiding place."

"Yes! Yes! It's in a piece of armor hanging on the wall!"

"The scepter is yours, my king!" Tom cried.

Everyone in the hall stood up as a nobleman rushed to the king's apartment. When he returned, he held the Great Seal high for all to see. Another shout went up, "Long live the real king!" The golden robe of state was taken from Tom's shoulders and put on Edward's, and the crown set upon his head. Cannon thundered the news to the city.

It so bewildered Miles Hendon that when he met the king again, Hendon gazed at him transfixed. "Is it a dream, or is the lord of the Kingdom of Dreams and Shadows on his throne?"

He and Tom would always be the king's favorites. Tom Canty lived to be very old as the King's Ward, honored wherever he went because "in his time he had been royal." King Edward VI lived only a few years but worthily. More than once, when he tried to make a law more gentle and a dignitary argued that it was gentle enough, the king answered: "What do you know about suffering? I and my people know, but not you." ▲

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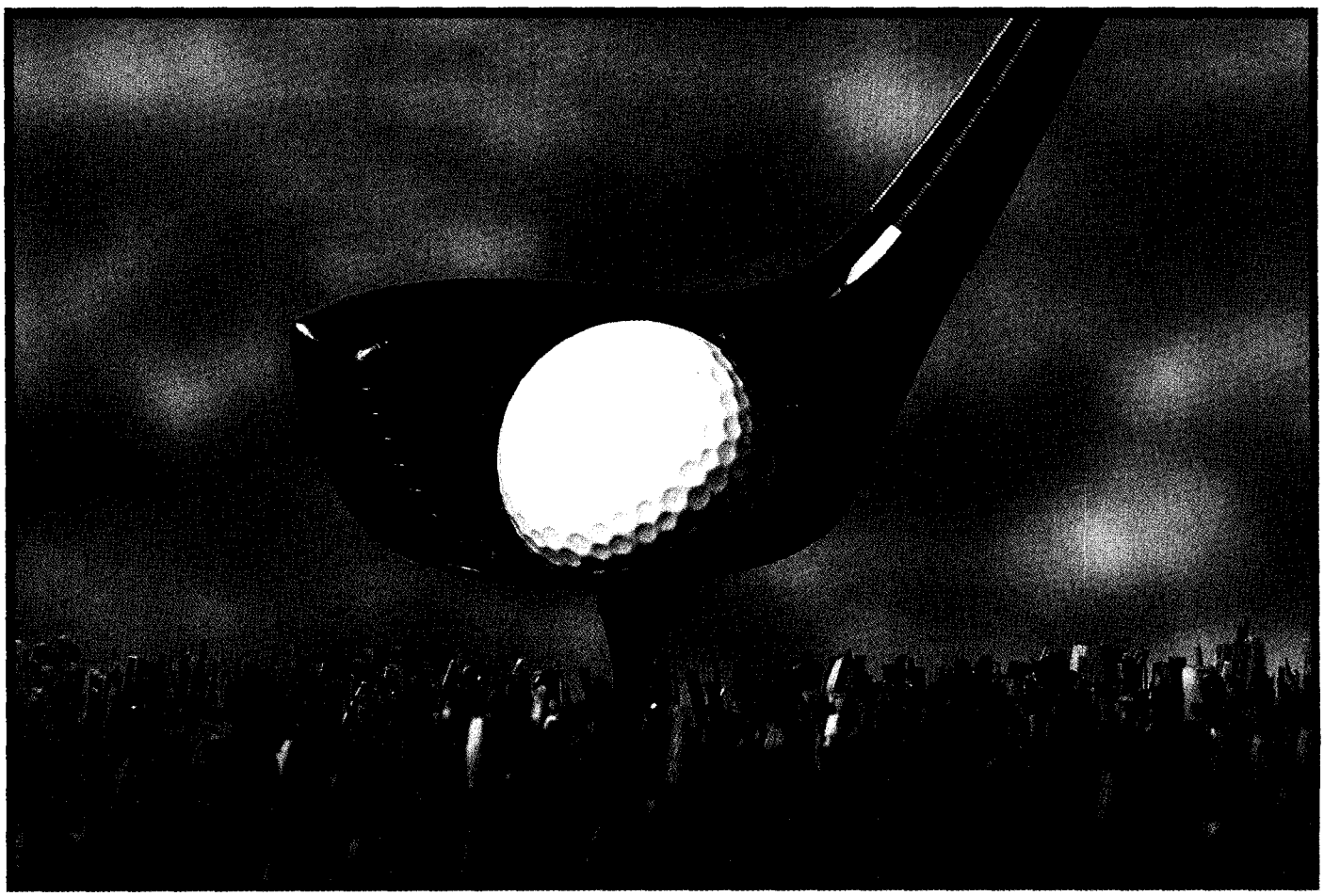

GOLF'S WINNING ATTITUDE

Getting teed off by a bad shot can spell disaster in this game of mind over matter.

by Bob Rotella, Ph.D.
with Bob Cullen

A few years ago, Tom Kite and I were in Austin, and we played a round at Lakeway Country Club with a couple of members of the University of Texas golf team. It was a beautiful day and a great match. They all shot between 69 and 73. Afterward, we all sat down for a soda, and it was obvious they were dying to ask a question. So I said, "What's on your mind?"

One of the guys replied, "Tom, we basically hit it as good as you did today. When we missed and hit a bunker, our bunker shots were as good as yours. When we missed a green, we got it up and down like you did. We scored within a shot or two of one another. So how come you're the all-time leading money winner and we're the number three and four golfers at the University of Texas?"

Tom grinned at me and said, "Do you want to tell them?"

"No," I said. "They'll believe it more if it comes from you."

"The difference," Tom said, "is that when you guys get in tournaments, the likelihood is that you'll lose your concentration on four or five shots every round. Over a four-day tournament, even if every lapse costs you just one stroke, that's 16 to 20 shots a week, and that's the difference between being a leading money winner and losing your card. If one of these lapses costs you two or three strokes, or you get upset and lose concentration on a second shot, you can be talking about 25 to 30 strokes a week, and you won't even make the college golf team. Over a career, losing concentration once in a while can mean lots of strokes.

I joined in. "Today, each of you hit a few balls off line, into the rough or the trees. But since it wasn't a tournament round, you didn't let it bother you. You just went over and found the ball, pitched out, wedged up to the green, saved your par and went on. But in the Southwest Conference Tournament, you might hit the same shot and overreact to it. You start telling yourself, 'You're such a jerk,' and 'Why does this always happen in a big tournament?' Before you even hit your next shot, you're convinced you're going to make bogey or double-bogey.

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And you do."

One of the things Tom, or any successful pro, does best is to accept his bad shots, shrug them off, and concentrate completely on the next one. He has accepted the fact that, as he puts it, "Golf is not a game of perfect."

This does not mean that a pro doesn't strive to eliminate mistakes from his game. He does, unless he wants to savor the joy of Qualifying School again. But he understands that while striving for perfection is essential, demanding perfection of himself on the golf course is deadly.

Of all the tournaments Tom Kite has won, one of the most impressive to me was at Bay Hill a few years ago. He and Davis Love both butchered the final hole. Tom hit his approach in the water and Davis flew his over the green. What impressed me was the way Tom responded to the shot that went in the water. He then had to play a long wedge shot over the same water to a tight pin. He could have dwelled on the way he hit the last shot so badly. He could have tried for the middle of the green or even the bunker, just to make sure he didn't make two splashes in a row. Instead, he hit that second wedge stiff, made the putt, and went on to win the playoff.

The television announcers and the golf writers weren't impressed. They don't think a guy who hits his ball into the water on the last hole deserves to win the golf tournament. But I knew how brilliantly Tom had responded to one of the fundamental challenges of the game:

No matter what happens with any shot you hit, accept it. Acceptance is the last step in a sound routine.

The next week, as it happened, Tom won the TPC with a display of nearly perfect golf. The writers and commentators all swooned at his feet. But I still like the win at Bay Hill a little better.

I find it amusing and ironic that players like Tom and Nick Price, who are among the best ball strikers in the world, who practice regularly, can learn to accept their bad shots, while the high-handicappers I see in pro-ams and clinics often cannot.

I've had guys in the pro-ams turn to me after a tee shot that wiped out two squirrels and a woodpecker and say, "I don't hit the ball that way."

To which I am tempted to reply, "That's funny, I thought I just saw that you did."

No one likes to hit a bad shot. Let's suppose you're on the first tee at your club in the first round at the club championship and you pull-hook your drive into the trees. This can happen to the best of players. At my home course, Farmington Country Club, at the U.S. Seniors Amateur in 1993, the eventual winner hit his very first tee shot out of bounds on the first day of qualifying. Did this make him happy? Of course not.

But the question is, Does it do any good to get angry?

Getting angry is one of your options. But if you choose to get angry, you are likely to get tighter. That's going to hurt your rhythm and your flow. It will upset you and distract you. It will switch on your analytical mind and your tendency to criticize and analyze anything you do that falls short of perfection. It will start you thinking about the mechanical flaws in your swing and trying to correct them.

No matter what happens with any shot you hit, accept it. Acceptance is the last step in a sound routine.

You will very likely play worse.

Some good players have developed idiosyncratic ways of diverting the anger that bubbles up within them after a bad shot.

Sherry Steinhauer tells me that she thinks of her memory as a video machine. If she hits a bad shot during the course of a round, she thinks about erasing the tape of that shot. It's a way of putting the mistake out of her mind. Others think of filing the memory of the mistake away somewhere, or changing the channel on the television.

Jack Nicklaus had a few tricks of his own. Nicklaus nearly always selected his own club and generally wanted only silence and a dry towel from his regular caddie, Angelo Argea. But if he hit a bad shot, he might turn to the innocent Angelo and chew him out, saying, "Damn it, why did you let me pick that thing out of the bag?"

Angelo was smart enough not to take it personally. He knew that Nicklaus would play much better if he directed his anger at his caddie, rather than at himself.

Arnold Palmer and Bernhard Langer tend to blame their clubs, frequently switching from one set to another and banishing the offending implements to a dark basement. Langer has been known to soak his clubs in a barrel of water overnight as punishment for their betrayal. He did that the week he won his first Masters.

But if you don't happen to have an understanding caddie in your employ, and you don't have an endorsement contract with a manufacturer who is willing to supply an infinite number of clubs, how do you handle anger?

The first thing to do is to throw away your expectations as soon as you step onto the golf course, and just play. It's very difficult to do. But I have never worked with a golfer who could play anywhere close to his potential unless he shed his expectations before the first shot.

On the first tee, you should have two immediate goals. One is to have fun. The other involves the process of playing, not the results. This goal is to get your mind where it's supposed to be on every shot. If you do that, you'll shoot the best score you're capable of shooting that day, whether it's 67 or 107.

Having fun shouldn't be so difficult. You are, after all, out in the fresh air. You are playing in what amounts to an emerald park. Clipped grasslands, according to one theorist, have been the most soothing and emotionally satisfying habitat for man since the first humans dropped out of the trees. You are, presumably, in good company, the company of other golfers. You have a chance to strike a little ball and send it flying straight and true against the sky, an act that seems to resonate pleasantly somewhere deep within the human brain. These are the reasons you initially liked golf, even though you couldn't play it very well. Savor all of them as you play. Let the joy of the game come to you. ▲

Dr. Bob Rotella is Director of Sports Psychology at the University of Virginia. His book, Golf is Not a Game of Perfect, *is published by Simon & Schuster.*

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WHEN THE DOG BITES

Helpful hints from the Dog Bite Prevention people and how they came too late for this door-to-door salesman.

by Maynard Good Stoddard

Illustrated by Don Trawin

Does anyone out there know the dates of this year's National Dog Bite Prevention Week? I fear it may already be history, as last year it fell on the week of June 12 to 17. I still have the postcard the dog-bite people added to my important mail announcing those vital dates. Anyway, we can at least pick up a few pointers from last year's card.

"More than two million dog bites are reported each year in the United States," we read. "It's a problem for everyone—not just the 2,700 letter carriers who were bitten last year." The card includes a list of tips on "How to avoid being bitten." Which leaves me to ask, "Where were those tips when I needed them?"

Not that I ever served my country as a letter carrier, but for several years (it seemed longer), I risked life, limb, and the seat of my pants daily as a door-to-door representative of the Realsilk Hosiery Mills. In this capacity I served as fair game for all the kids within a three-block area, not to mention bulldogs with teeth too long for their mouths and nearsighted mutts that had trouble distinguishing between a salesman's leg and a fire hydrant.

The traffic at times became so stressful that I would risk having a door slammed on my foot just to get in somewhere out of the dogs and the kids. If I should happen to make a sale, so much the better.

An endangered species for years, the door-to-door salesman by now may be extinct. But in case a few hardy souls are still limping down the street, I may keep their species viable by reviving an experience or two from my own "dog days" and adding a tip or two from the dog-bite prevention card.

One of those tips goes something like this. In fact, it goes exactly like this. "If a dog threatens you, don't scream. Avoid eye contact, try to remain motionless until the dog leaves, then back away slowly until the dog is out of sight."

Easy for them to say. But the only occasions upon which I remained motionless were those occasions upon which I fainted. Otherwise, I preceded the dog well into the next block and, on more than one occasion, underwent the awkwardness of walking to the nearest bus stop holding my sample case over my tattered stern section.

Then there were dogs fresh from obedience school who had gotten an A in Deception 101.

If you are not among the extinct, and your territory covers lower Michigan, and you are working the road running west out of Columbiaville, and you make a call at the house on the north side of the road just before it dead-ends, I have a tip that may save you a stitch or two.

If the dog residing here hasn't gone to his reward (eternally treed by a cat would be appropriate), he will rise from the welcome mat greeting you like a long-lost master returning home with a sample case stuffed with T-bones, medium rare. Bouncing confidently up the

If you're threatened by a dog, the Dog Bite Prevention people caution, "Don't scream, avoid eye contact, and try to remain motionless." Easy for them to say.

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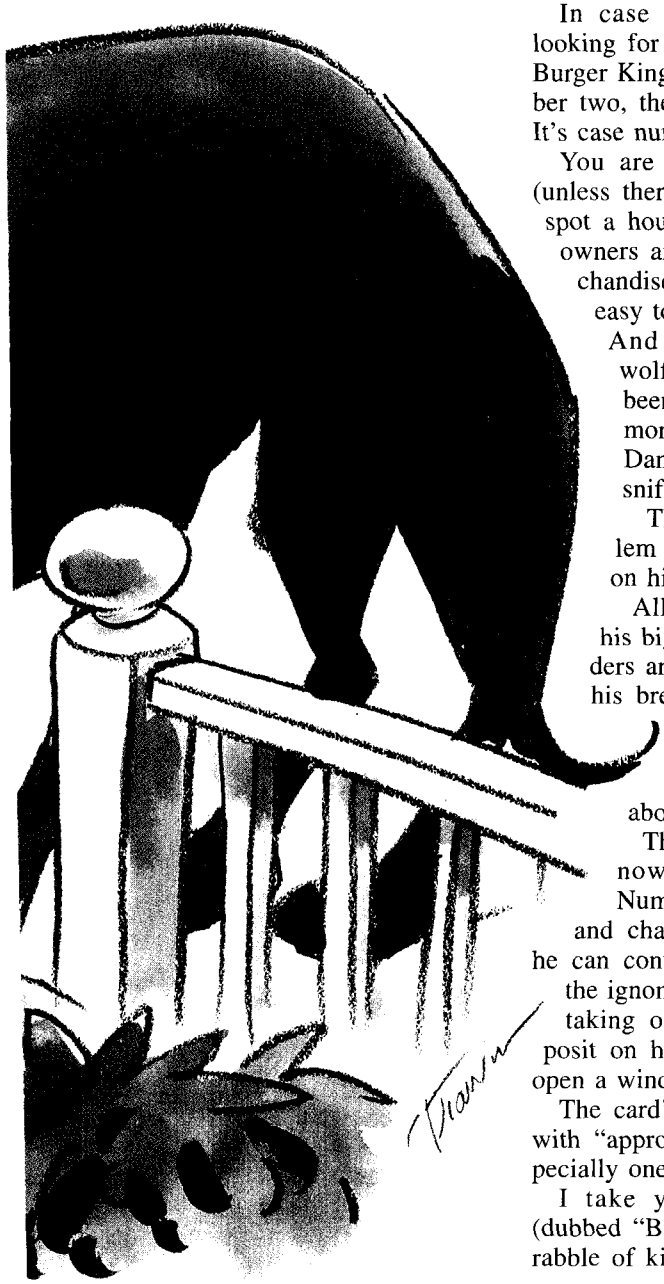
steps, you'll give him a pat on the head, pronounce him "Good boy" and "Nice doggie," and ring the doorbell. Not until the "lady" of the house tells you to get lost and you pick up your sample case does it penetrate the dog's thick skull that you are stealing something.

Too late for me—but I hope not for you—I read on the dog-bite prevention card: "Don't run past a dog. The dog's natural instinct is to chase and catch prey." And by golly, the card is right.

Though I sat gingerly for the next two days, the incident failed to make as deep an impression on my mind. Would you believe—yes, I suppose you would—the next time I worked that area I called at that same house, patted that same dog, got that same command from that "lady," and not until turning to leave did it penetrate my thick skull, "Hey, this is the dog that. . . ." Too late. His teeth were already embedded in the calf of my leg. For all I know, my sample case may still be there.



Now let us back up a sec. The people promoting dog-bite prevention suggest that you "always let a dog see and sniff you before you pet the animal." (How you can pet an animal that doesn't see you is the dog-bite people's own little secret.) Their advice apparently applies to dogs you contact on the street. What the prevention people fail to consider is that dogs are on the street for one of two reasons. Either they have been kicked out of the house or they haven't had a house to be kicked out of.

In case number one, the dog is looking for a kid carelessly holding a Burger King "Whopper." In case number two, the dog is seeking affection. It's case number two that concerns us.

You are walking down the street (unless there's a sidewalk), hoping to spot a house that might indicate the owners are desperate for your merchandise. (Such houses are not as easy to spot as you might think.) And here comes a Russian wolfhound whose mother had been crossed—double-crossed, more than likely—by a Great Dane. Let the dog see you and sniff you, right?

The dog sees you, no problem there. But sniffing is not on his mind.

All he wants to do is plant his big fat feet upon your shoulders and begin licking your face, his breath a dead giveaway that he has come directly from surfing the landfill. I know what I'm talking about.

The door-to-door salesman is now left with two options: Number one, he can go home and change clothes; number two, he can continue making calls, facing the ignominy of potential customers taking one sniff of the dog's deposit on his shoulders and throwing open a window.

The card's final warning has to do with "approaching a strange dog, especially one that's tied or confined."

I take you now to Birk Street (dubbed "Birth Street" because of the rabble of kids per house), Ann Arbor, Michigan. I am still trying to resocket my left hip joint after punching a "hot doorbell"—that's a doorbell which the fun-loving owner has wired to produce at least 1,500 volts of electricity whenever he sees a salesman approaching—and being knocked backwards down a flight of porch steps.

But before I can regain flight speed, five kids of this house, having exhausted their supply of frozen snowballs, emerge from behind a snow fort and escort me reluctantly toward the front door. Before reaching that sanctuary, however, the Hound of the Baskervilles with a thyroid condition comes charging around the corner of the house, obviously with more in mind than sniffing this beleaguered stranger.

Giving credit where credit is limited, the mother of this brood charges out the front door to confine the slobbering beast. And while she is confining him—I'm not kidding—the littlest man of the family slips around and bites me in the leg.

I now take you back to the original question. Remember the original question? My reason for wanting to know the dates of this year's Dog Bite Prevention Week has to do with last year's card listing a number of suggestions on "How to be a responsible dog owner."

If the door-to-door salesman hasn't already been wiped out and I'm barking up the wrong tree, I have a few suggestions of my own I would like to present to the committee handling this section of dog-bite prevention.

- Yell "Bad dog!" every time your mongrel bites a salesman upon his departure (or anywhere else, for that matter). The beast may eventually learn to attack when the salesman approaches, giving him a running chance.
- Cut the voltage on the "hot doorbell" to a reasonable 500 volts. Although flat on his back, the victim might still remain on the porch rather than down the steps.
- Check obedience schools for one that teaches affection-starved dogs to greet strangers with a lick on the hand instead of by the planting of both feet on the shoulder.
- In addition to confining your dog when the door-to-door salesman nears your front door, the species might remain viable if you will extend your compassion also to confining your kid with the overbite.

Stuff like that.

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Here, ignoring the fact of a single seat, we have the original "backseat driver." The demon on wheels—goggles in place, hand on the horn bulb ready to blast a slower driver off the road—is busting along at an insane 15 miles per hour. No wonder his concerned passenger is about to whomp him on the back and yell, "Slow it down, Buster, for heaven's sake, or I'm outta here!"

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The American Illustrators Hall of Fame

AUTOMANIA

Driving back through Post *covers to the days when 15 miles per hour turned hubby into a speed demon, and a woman applying makeup had to resort to a fender mirror.*

by Maynard Good Stoddard

In what year, would you speculate, did Charles and J. Frank Duryea first begin selling automobiles? If you say 1896, you've hit it right on the old radiator cap. No matter that production that year totaled only 13 cars—a somewhat less than robust start, perhaps—but by 1900 the auto industry had shifted into high gear. No fewer than 66 companies were now venturing from the horse-and-buggy era into the uncertain age of the gas flivver. Hopes ran high that a mass market awaited genuine mass production and that this revolutionary method of transportation would not backfire.

How best to put the public into the driver's seat? The national media, of course, and that meant magazines.

The Saturday Evening Post, with its huge circulation and its balanced urban and suburban delivery, would capture the bulk of the business, amounting to millions and millions of dollars in car ad revenues.

Of those millions, more than a few would be used to attract the nation's top illustrators. At the same time (luckily), motels, drive-in theaters, and other countryside phenomena offered eye-catching backgrounds for the artists' imaginations. Combined with clever advertising copy, their work would transform the auto manufacturers from mere marketers of transportation equipment into purveyors of style and fashion. It remained for *Post* cover artists to combine this new mode of travel with the proper background and produce on canvas situations that car owners would understand.

Although concrete has made corduroy roads but a bad memory, allowing for top speeds above 15 mph; raindrops no longer must fall upon our heads; the ladies have a mirror on the sun visor for applying makeup; and necking at a drive-in theater has become as commonplace as—well, as necking at a drive-in theater—we believe that today's readers driving a brand new CPX49176YLZ model will get a charge from traveling back to the days of the original car craze as *Post* cover artists saw it—beginning with the issue dated July 19, 1924. We invite you to take a look in the rearview mirror. . . . ▲

The artist made this situation as obvious as the look of distrust on the salesman's face. One boy is already putting this speedster through its paces on the highway. One boy is parking the speedster off the highway with his girl beside him. The practical kid is just checking to see if the front wheels have brakes.

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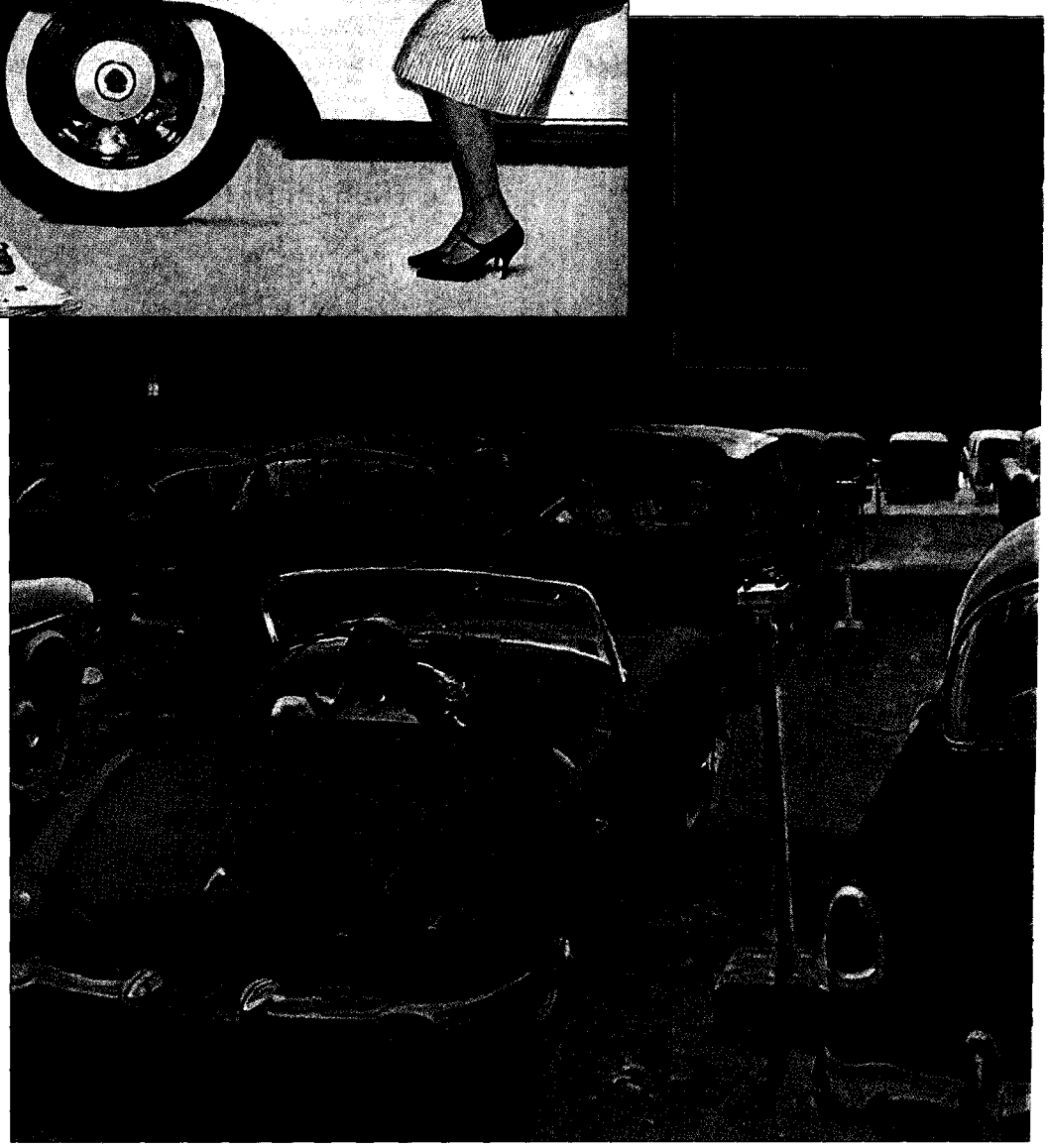
Let hubby check out the location of the dipstick. More important, at least to wifey on this *Post* cover by artist Kurt Ard, is locating the mirror for checking lipstick. Later models will move the mirror to the sun visor inside; after all, applying makeup at 60 miles an hour by means of a mirror on the front fender is so inconvenient.



Artist George Hughes took brush in hand to contrast real life with reel life. Too bad that tinted windshields came too late for this young couple, who must do their spooning to the jeers of the pre-spooners in the car ahead, such as (and we're guessing here), "Smoochy, smoochy," and "Aw, they're in luuuuuve." We can only hope the jesters soon went after popcorn and couldn't find their way back.

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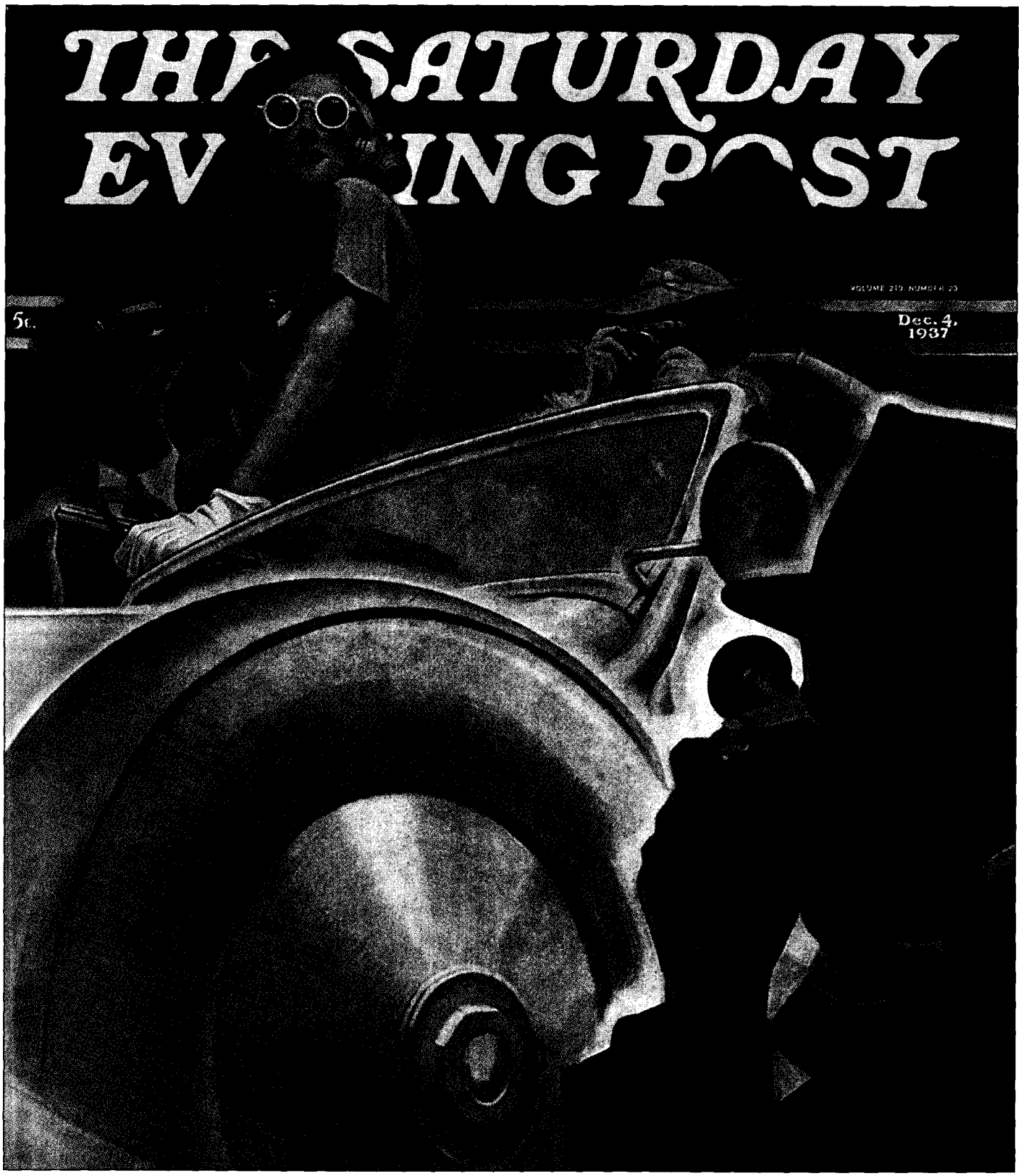

Pity the Hollywood starlet posing for attention. She has made the mistake of trying to out-allure this thing of beauty dominating one of Detroit's early auto shows. Be it an Auburn, a Cord L-29, or a Duesenberg Model J, the admirer in front of the big wheel has his eye, and his camera, upon the lines of this glamorous star in the world of automobiles. The girl might as well go back to Hollywood and forget it.

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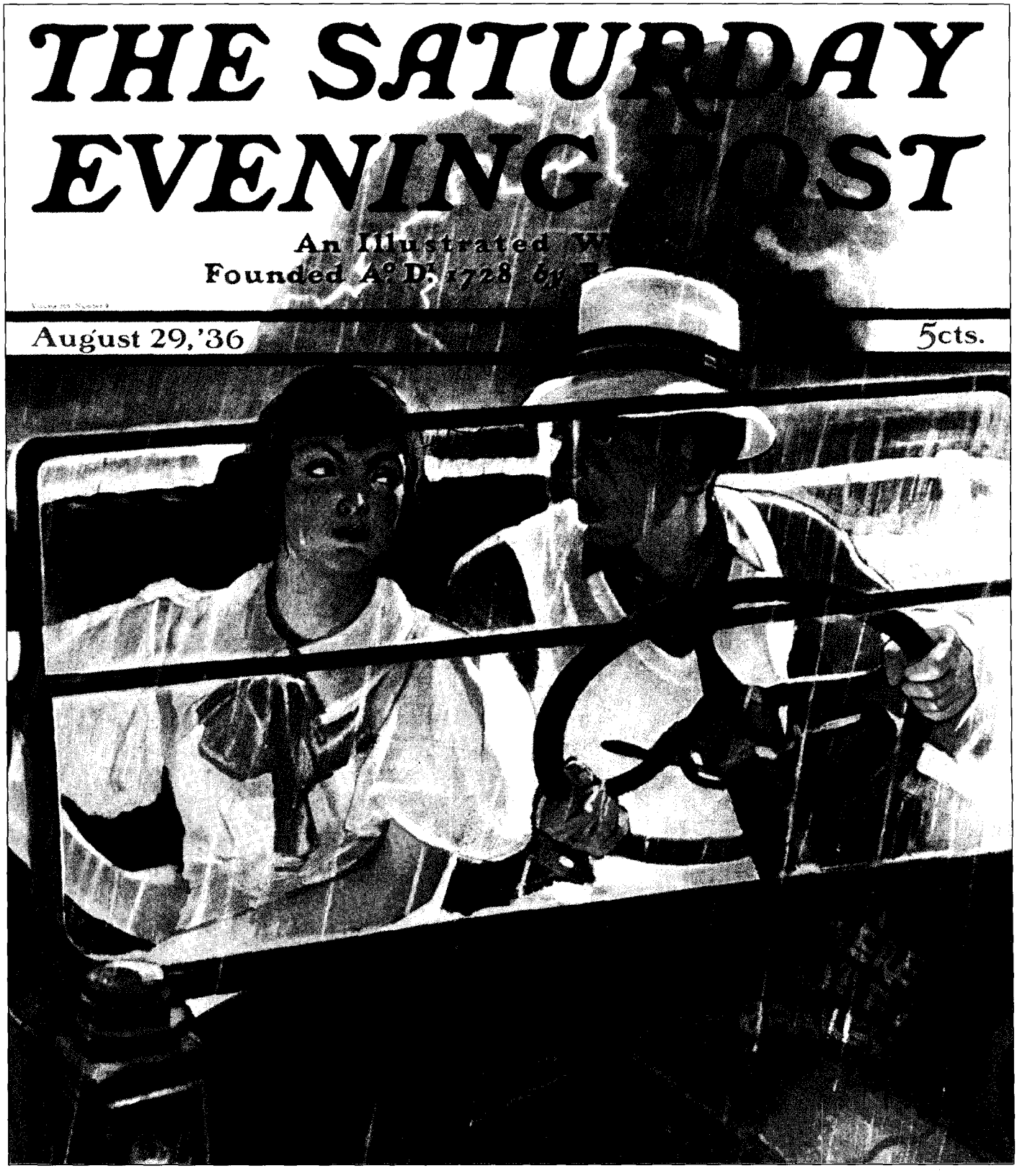

Do you get the feeling here that something is all wet? The Ford Model T Touring Car, for one, sported a top that folded up just back of the rear seat and could be snapped into place in the event of a sudden storm. In which case he must be saying, "You pull the top up while I hold the wheel." She, of course, need not open her mouth. The eyes have it—and it ain't good.

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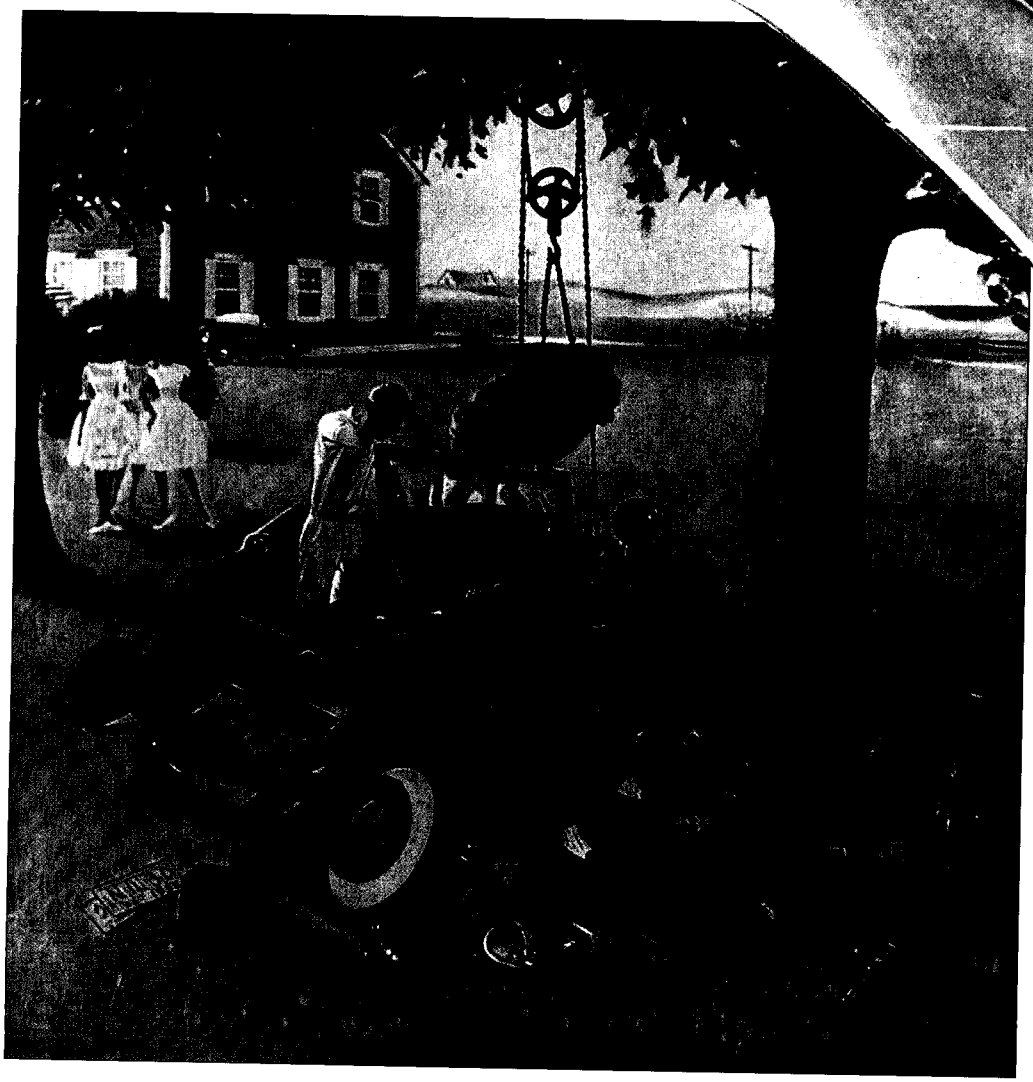
B.V. (Before Vans), the rumble seat served many duties, from hauling a bale of hay or a sack of potatoes to transporting the dog on a hot day. Oh, yes, and at times a passenger or two—some of whom got a big thrill from the wind rushing in their hair, while others were occupied more with preventing the rushing air from hoisting their hat into the next county.



It's hard to understand how boys can spend time with a Tin Lizzie when three Lulus are waiting for attention. But perhaps artist George Hughes knows the answer from personal experience. One thing for sure: If the girls are waiting for a ride in this collection of automobile parts, they'd better pitch a tent.

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IS YOUR DRINKING WATER SAFE?

Attention to the quality of your drinking water could protect your health.

by Erin McNeece

Illustration by Alfred E. Orr

When 100,000 Milwaukee residents were struck with the same flulike symptoms, public-health officials scrambled to find the cause. The culprit was *cryptosporidium*, a microscopic waterborne bacteria that had slipped by a faulty filtration system to contaminate much of the city's water supply. More than 800,000 Milwaukee residents were told to boil their drinking water until the problem could be fixed—but not before an estimated 104 had died from gastrointestinal infection. A similar deadly outbreak in Las Vegas and allegations of widespread pollution in Washington, D.C.'s water system earlier this year have focused media attention on the subject, leading Congress to begin updating federal drinking-water regulations for the first time since they were established in 1974. But the high cost of renovating water treatment facilities prevents some systems from meeting federal standards.

"Water quality is so basic and fundamental that we need to be concerned," says Dr. George Hallberg, assistant director of the University of Iowa Hygienic Laboratory, which conducts public-health and environmental research. "The overall water quality is good, but we need to be vigilant in protecting our water."

Poor water quality can have drastic consequences. For those with weak or compromised immune systems, including the elderly, infirm, and cancer and AIDS patients, the slightest bacterial contamination of drinking water can be fatal. Babies younger than four months are particularly vulnerable to nitrate contamination in the water, which causes *methemoglobinemia*, or "blue-baby syndrome," because their developing bodies can't produce protective enzymes. The Centers for Disease Control and Prevention reported in July that nitrate contamination may have caused miscarriages suffered by four Indiana woman between 1991 and 1994. And even the healthiest of adults should be aware that certain carcinogenic chemicals used in manufacturing, farming, and mining industries can turn up in nearby groundwater supplies.

Domestic pollution can be as dangerous as industrial.

"The general public should worry about cleaning up their own backyard," says Valerie Oksendahl, a resource conservationist at the Natural Resource Conservation Service, a federal program that helps farmers, ranchers, and private landowners conserve the nation's soil and water. "They need to take steps to see what precautions they can take in their own homes."

Oksendahl suggests that homeowners can help protect the water supply by recycling car oil, properly following directions on fertilizers and other lawn products, and being cautious with household chemicals that might escape into the water supply.

If you're unsure about your tap water, have it tested for contaminants—especially lead. Any home built before 1988 may have lead solder in the pipes, and homes older than 1930 may have been built with lead pipes. Lead-testing kits are available at hardware or home-center stores at a nominal cost.

If your water comes from a well, you should have it tested every three years. Find an EPA-certified, independent water-testing laboratory. Because wells are often shallow (less than 50 feet), they are at high risk of ground-level contamination from industrial or farm waste, or from any neighboring businesses. Also test for organic chemicals, pathogens (microscopic, disease-causing organisms), and natural toxins such as radon and arsenic.

If your water comes from a municipal water system, call your local water utility company to find out contamination levels at your water source. The EPA tests for 84 different contaminants, but three—*Giardia lamblia, E. coli,* and *cryptosporidium*—cause gastrointestinal infections and pose the most likely threat to the public. Another likely contaminant in treated water is trihalomethanes (THMs), carcinogenic byproducts of chlorine treatment. Compare your local contamination levels to national standards by calling the U.S. EPA Safe Drinking Water Hotline (1-800-426-4791).

And if your drinking water contains worrisome levels of bacteria, chemical pollutants, or

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if you simply don't like the taste, filtration systems or bottled water offer different levels of purity for your needs. The recent public attention to drinking-water quality has increased consumer use of both.

"Persons concerned about their health and their family's well-being have contributed to the surge in popularity of bottled water for drinking and cooking," says Tom Condon, a microbiologist and corporate quality control manager for Hinkley and Schmitt, the nation's third-largest bottled water manufacturer.

If you don't want to invest the time and money in the upkeep of a water filter, you may want to choose a bottled-water service. Though bottled water was once less carefully monitored than tap water, a new set of regulations that went into effect May 13 requires water bottlers to conform to the EPA's safe-drinking-water standards.

Bottled waters are sugar-free, low in sodium, and have none of the unpleasant odor or aftertaste of chlorinated tap waters. But bottled waters aren't all alike. To help the consumer better understand the origin and purity of the water they are purchasing, the International Bottled Water Association, representing nearly 85 percent of bottled water companies, encourages companies to comply with FDA and IBWA definitions, including:

• **Mineral Water** contains minerals when it emerges from its source.

• **Sparkling Water** contains carbon dioxide, either naturally or added. Soda water, seltzer water, and tonic water might have sugar and calories and are not bottled water.

• **Spring Water** flows naturally from a source or has the same properties as water at the source. (This means the company can drill for water, as long as it is chemically the same as the water at the source.)

• **Purified Water** has been purified by distillation, deionization, or reverse osmosis—all expensive processes that eliminate even the most resistant chemicals and bacteria.

Another alternative is an in-home filtration system. Once you've determined what, if any, pollutants are in your tap water, pick a filtration system that will conveniently clean out the specific contaminants right in your home.

• **Activated-carbon** filtration systems range from inexpensive pour-through carafes to all-inclusive point-of-entry filters costing thousands of dollars. Carbon systems filter out the sediment and chlorine that render tap water cloudy and bad tasting. If the product has a solid block-type filter, it can also strip out metals, like lead, effectively.

• **Reverse osmosis** systems force water through a microscopic filter to remove lead, arsenic, and some pathogens. The systems vary in price from about $400 to $1,000 and feature countertop and under-sink versions.

• **Distillers** remove all impurities from tap water. Costing from $100 to $1,200, distillers are energy intensive and therefore costly to run.

For any filtration system to be effective, it must be properly maintained. If filters aren't regularly cleaned or changed, the water they supply could be dirtier than what comes out of the tap.

Make sure the system you choose has been approved by either the Water Quality Association or NSF International, watchdog groups that assure products meet industry standards. ▲

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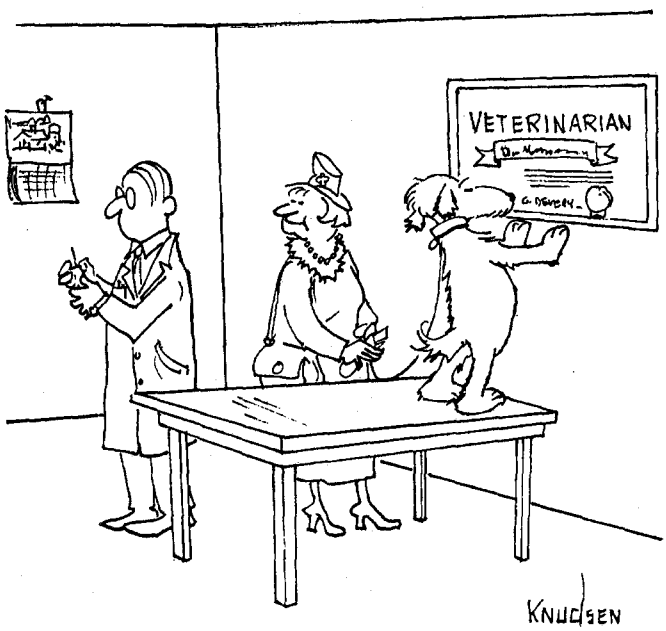
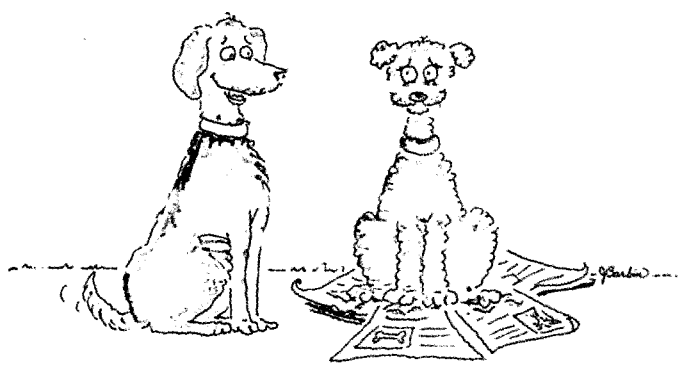
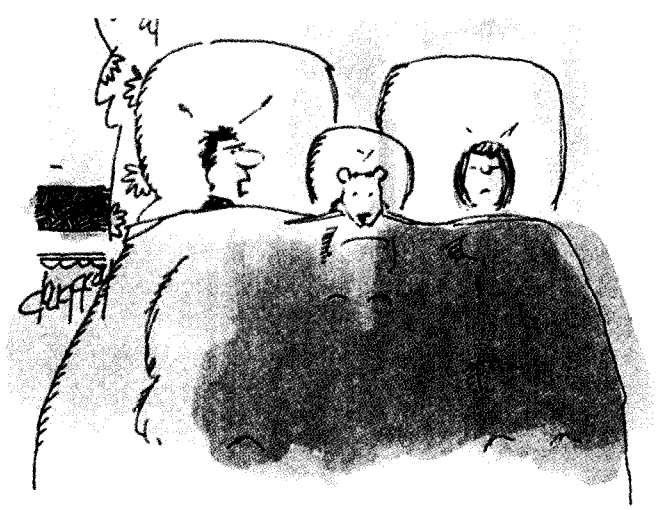
IT'S A RUFF LIFE



"That's amazing! Did you ever see anyone try to make a putt with a nine iron?"



"I prefer the Times."



"I thought you said you wouldn't get so attached to this one!"

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OCTOBER 13, 1996

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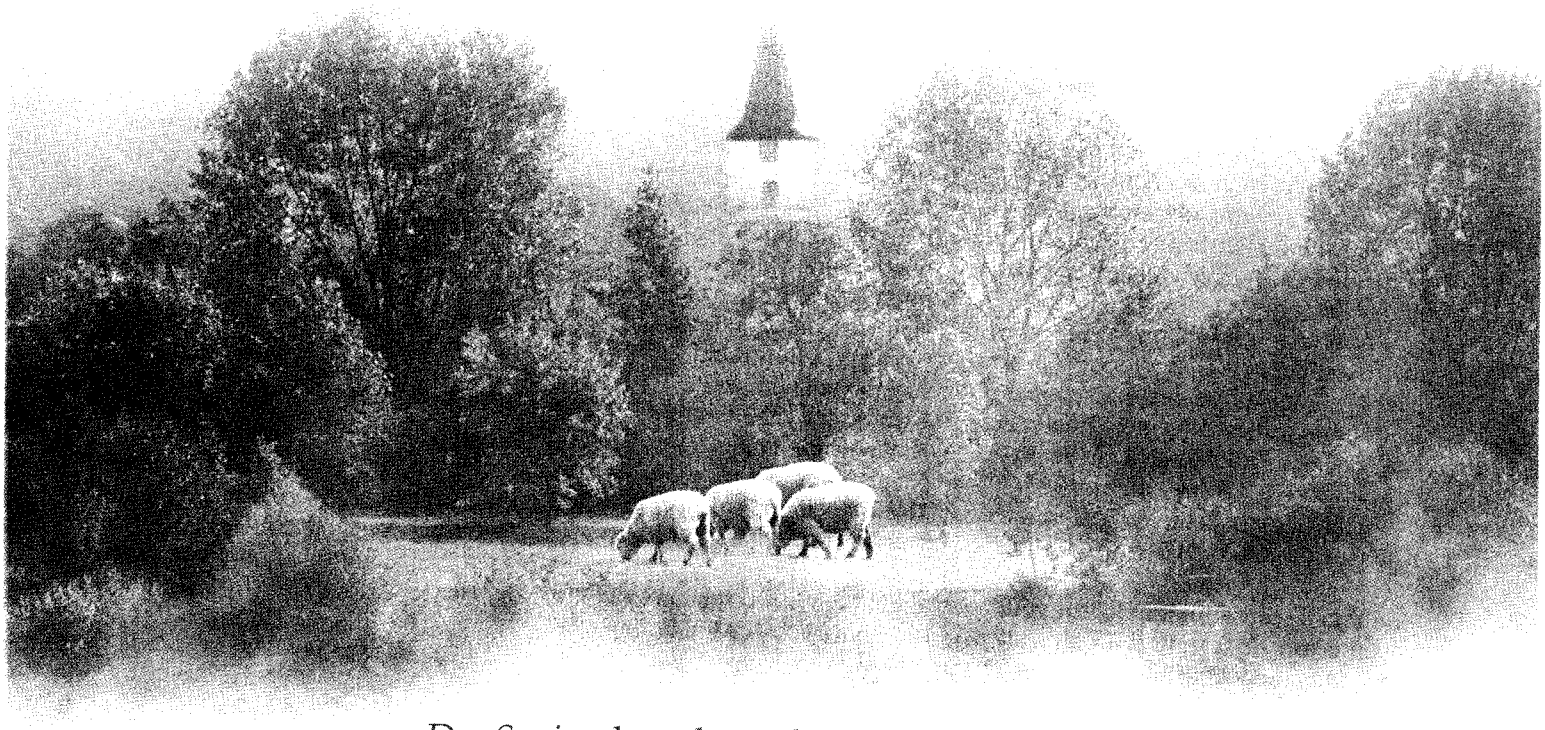
I Thessalonians 5:12,13



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- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
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WHAT TO DO WHEN STREP STRIKES

While most sore throats are caused by viral colds or flu, strep throat is a bacterial infection that, left untreated, can lead to serious health consequences.

by Wendy Braun, R.N.

Illustration by J. C. Leyendecker

Parents know all too well that "back to school" also means "back to the doctor" with a familiar list of common childhood complaints, including chickenpox, lice, and the common cold. Strep throat, a bacterial infection caused by Group A streptococcus, may also pay an unwelcome visit. Although most sore throats are caused by one of many viruses requiring no more than plenty of rest and extra fluids, strep throat calls for an antibiotic prescription to prevent potentially serious complications.

Strep infections are more common any time people get together. The microorganisms spread primarily, if not exclusively, through contact with someone who has the infection. Unlike the hardier cold viruses, inanimate objects such as doorknobs and telephone receivers are generally not a source of strep transmission. Microbiologists explain that strep bacteria spread when someone coughs and you breathe in the bacteria, or when you shake hands with someone with the infection, then touch your own nose, providing an easy access for bacterial entry. Strep throat, or infection of the pharynx, is the most common type of strep infection.

And it is not that simple to diagnose the illness. Parents, even physicians, are hard pressed to diagnose strep throat on the sole basis of symptoms.

"The symptoms are not specific for strep throat—that is part of the problem," says Jerome Paulson, M.D., an associate professor in the Department of Health Care Sciences and Pediatrics at George Washington University in Washington, D.C. "People with strep throat certainly have a throat that hurts; they may run a fever; they may have swollen lymph nodes underneath their jaw or in their neck. But people can have these symptoms and not have strep. They can have a sore throat that is caused by viruses or other bacteria."

In Grandmother's day, bacterial infections were often life-threatening; today, antibiotics have radically improved treatment.

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The American Academy of Pediatrics recommends that any time a child under six years of age has a sore throat that persists (not one that goes away after his first drink of juice in the morning), you should call your physician. For older children, call a doctor if the child develops a sudden sore throat or has difficulty swallowing or breathing. The call is even more urgent if fever is over 104 degrees or the child is extremely weak.

Diagnosis once depended on throat cultures—actually trying to grow the streptococcal bacteria over a 24- to 48-hour period. Fortunately, a number of different and rapid strep tests are now available. Dr. Paulson believes they are very accurate at diagnosing someone who has strep, but adds that throat culture is the only reliable way to know that someone does *not* have a strep infection.

Once diagnosed, what is the current treatment of choice for strep?

"When you look at the research studies, streptococci still seem to generally be susceptible to penicillin," Dr. Paulson says. "Therefore, for the patient who is not allergic, penicillin is the drug of choice."

Salt water gargles and throat sprays may relieve discomfort, but these methods do not cure the infection. Left untreated, bacteria growing in the throat can go on to affect other parts of the body, such as the ears, sinuses, skin, and kidneys. But the most serious consequence of untreated strep throat is rheumatic fever.

Even if strep throat symptoms get better or go away, it is essential that the entire prescription be taken.

The incidence of rheumatic fever declined in the 1960s and '70s. Since the mid-'80s, however, physicians have noted a resurgence.

"Rheumatic fever is heart disease, and permanent damage occurs to the heart as a result of the individuals' reaction to the bacteria. The patient's own antibodies begin to attack the heart," explains Dr. Paulson. "It can injure the valves of the heart and can go on and injure the muscle of the heart as well." Such damage could result in lifelong problems.

Sometimes strep bacteria take up residence in the throat without actually causing disease. The unsuspecting hosts are called carriers and, while personally not at risk of rheumatic fever, they can infect family members or other people close to them.

Thorough handwashing is the best protection against all types of infections, including streptococcal ones. People with strep throat are contagious until 24 hours after the start of antibiotic therapy. Children may return to school or day care 24 hours after beginning antibiotics and when temperature and activity level are normal.

About those antibiotics: Even if strep throat symptoms get better or go away, it is essential that the entire prescription be taken, because the full course of antibiotics is needed to eradicate the bacteria and cure the infection.

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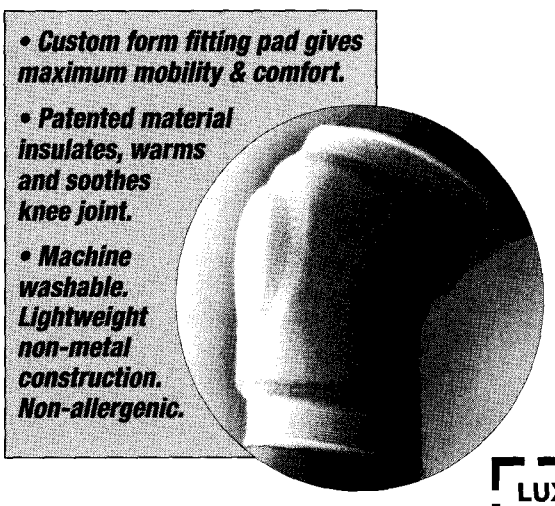
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RELIGION

GIVING CREDIT TO OUR CLERGY

Something extraordinary is happening on October 13 in places of worship around the country.

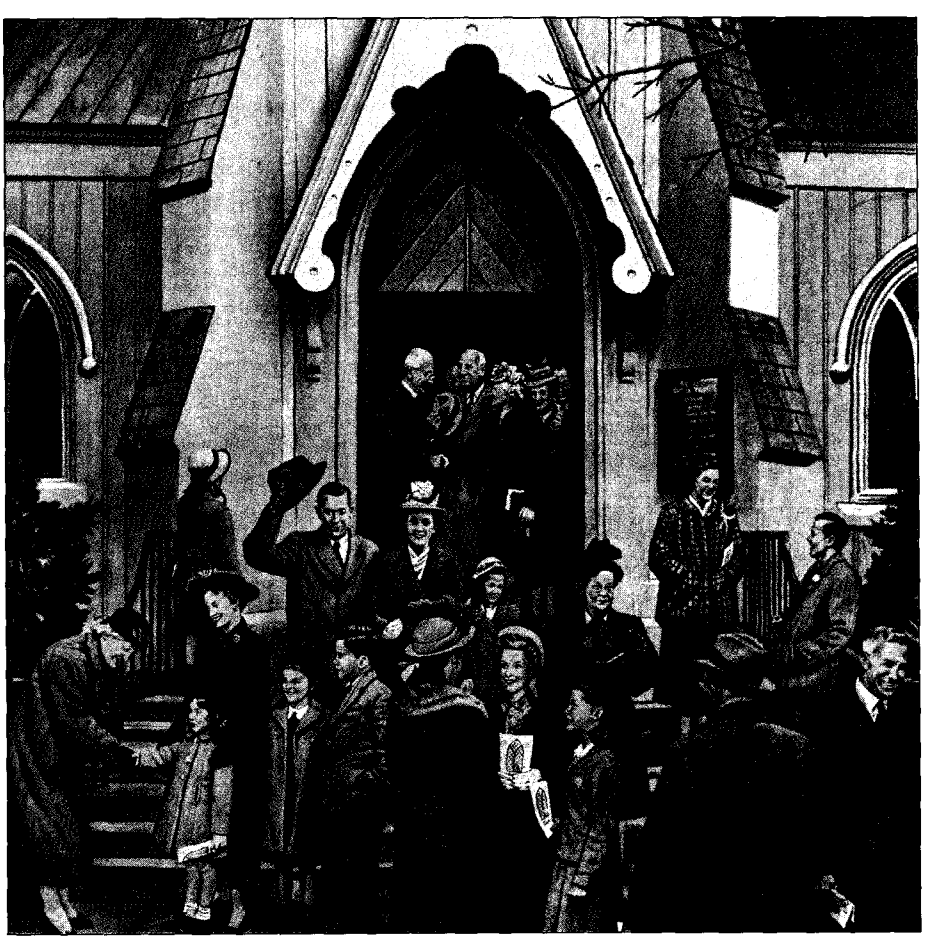
In 1992, layman Jerry Frear, Jr., was brainstorming with church colleagues about how they might be of help to their ministers when he glanced at a calendar and noticed that it was almost Groundhog Day. "I thought, *If they have a day for groundhogs, there ought to be a day for the 375,000 clergy people in America*," Frear says.

Frear is director of a unique outreach program called Under His Wing Ministries, which is devoted to uplifting and encouraging pastors, missionaries, and Christian workers.

Members of the clergy are in great need, Frear says. "The thought is that pastors don't have problems, that they are somehow immune to the distresses of life. That's just not true."

In fact, polls show ministers are more likely to have certain problems than the general public. The most common is lack of close personal friendships. "There's no one they can talk to about their own problems," says Frear. "If they talk to someone in their church, word will get around, and that's not good. Same thing if they talk to another pastor in their town.

"And the wives of pastors [91 percent of clergy in America are male] are also overly stressed. Just last week a pastor's wife here in Danville [Pennsylvania], in my own denomination, committed suicide."



Clergy are also highly susceptible to burnout, financial pressures, and overwork. "Most pastors work in excess of 70 hours a week," Frear says. "Seventy percent don't take a week of vacation during the year, and 60 percent don't get a full day off during the week."

One effort of the ministry was to establish an 800 hotline especially for clergy. The hotline is available Monday through Friday, and the service is multidenominational. "We minister to everyone from rabbis to charismatic pastors," Frear says.

Meanwhile, Clergy Appreciation Day, established four years ago, has caught on nationwide, thanks in part to the enthusiastic promotion from James Dobson's organization, Focus on the Family. Frear believes the observance is making a difference.

"Congregations have observed the day in a wide variety of ways," he says. Some have gone so far as to give their pastor tickets to a cruise and three weeks off from preaching duties. Others offer small perks that can make a big difference, such as giving the pastor 52 car-wash coupons so he can have his car cleaned every week for a year. One inspirational-greeting-card company, DaySpring Cards, is even offering a line of Clergy Appreciation Day cards.

"The reaction from pastors has been the greatest thing," Frear says. "They are overwhelmed that their congregations actually do care about them."

One Texas preacher and his wife wrote to tell of their surprise and pleasure when, during the regular worship service, instead of the next song being projected on the screen, a slide came up that read, "We love and appreciate you, Pastor Jim and Mary Kay."

"A receiving line was formed, and every parishioner came forward and rained their appreciation on us," the pastor said. "I have tasted and seen that it is good to be a servant of the Lord."

Last year some 100,000 churches nationwide celebrated Clergy Appreciation Day. Forty state governors issued Clergy Day proclamations. "This year," Frear says, "we are shooting for all 50!" Promoters are also petitioning President Clinton to make the observance a national occasion.

Clergy Appreciation Day is held on the second Sunday in October, which this year falls on October 13. For more information about Clergy Appreciation Day, call 800-875-4388, or write to Under His Wing, Inc., 1500 Warren Ave., Williamsport, PA 17701. ▲

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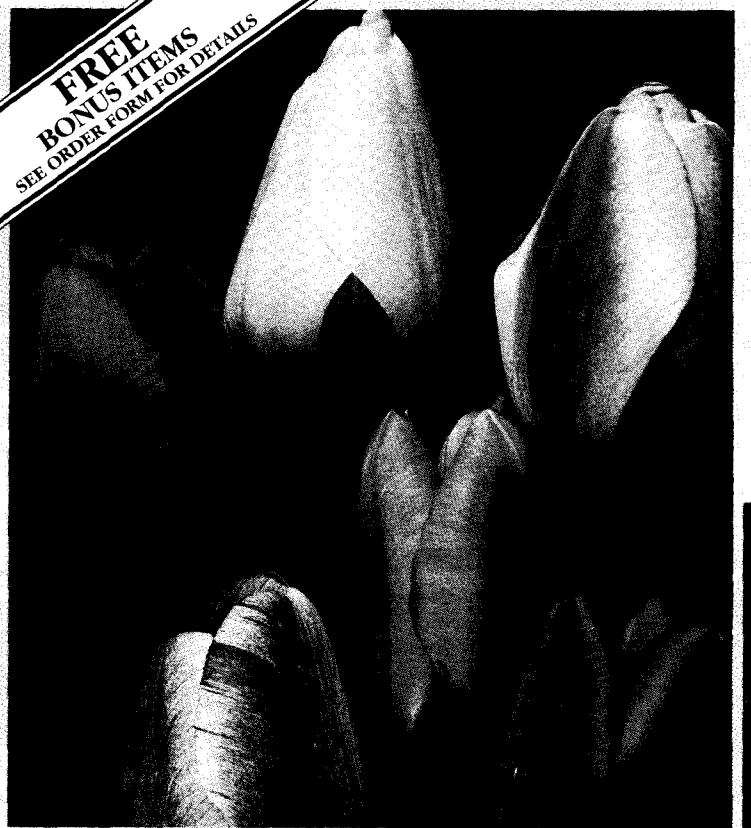

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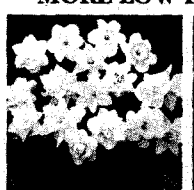

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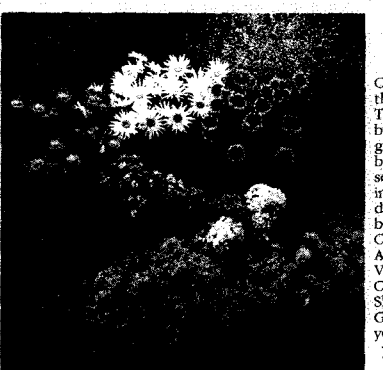

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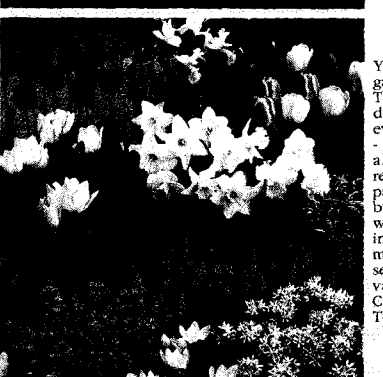

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CENTENNIAL SALUTE

What better place to celebrate the 100th anniversary of the American automobile than at the Henry Ford Museum and Greenfield Village?

by Allan and Deanna Malan

According to legend, wishes come true if you hold your breath while crossing a covered bridge. But you don't have to find a covered bridge if you're wishing for a great place to visit. The Henry Ford Museum and Greenfield Village in Dearborn, Michigan, the largest American indoor-outdoor museum complex, is a historic theme park that lets you step back in time for a taste of history you won't forget.

Henry Ford must have crossed many covered bridges, because many of his wishes came true. His resourcefulness and innovation inspired his inventions and led to his vision to build a museum that housed artifacts which influenced American life. A man ahead of his time, Ford was driven to create a village that preserved the history of the most innovative people of the times. His meticulous attention to detail and focus on education live on through the new exhibits and restorations.

The year 1996 marks the centennial of the automobile and America's love affair with its creation. To commemorate its past, present, and future, the museum will roll out Ford's 1896 Quadricycle, his original car. Legend has it the sight of a steam-powered traction engine in the late 1800s sparked Ford's interest in machinery and his vision of a self-propelled vehicle. Perhaps greater than the invention was his idea of utilizing the mass-production system to make the auto affordable.

From the beginning, part of America's fascination with the automobile involved its style. On display is a series of cars showing the evolution of design. Beginning with the horseless carriage, the lowering, lengthening, and widening of the automotive body generated an aesthetically appealing fashion plate.

The automobile gave Americans mobility and changed their lifestyle forever. When U.S. families took to the road, they demanded a variety of new services that soon sprang up. In the museum you can travel back to early fast-food restaurants, step aboard Lamy's Diner (circa 1946) where your waitress will hustle your menu selection to the short-order cook, or stop by McDonald's Golden Arch and buy a 15-cent hamburger. If you prefer more elegant dining, motor on to the orange-roofed Howard Johnson's.

Dotting the museum and village campus are shops that offer hard-to-find books, memorabilia, and hand-crafted souvenirs. Favorite stops include the Greenfield Village Store, the Museum Store, and the Auto Centennial Shop.

Next, gas up at the nearest red-star Texaco "Filling" Station. A Texaco Sky Chief, dressed in white shirt and pants, a black bow tie, and military-style cap, will welcome you. He will fill up your tank while children use the spotless "registered" restroom. With stomachs and gas tank full, you travel on. As evening approaches, you spot the starburst sign of the Holiday Inn, the latest trend in motoring hotels (motels). After registering, top off your evening with a double feature at the drive-in movie. This vicarious trip concludes your drive through the history of 20th-century life.

Greenfield Village encompasses Ford's second vision with its many elements of a New England town: the village green, chapel, town hall, craft shops, and residences. Ford created this prototype of an American village in 1929 that has since been copied throughout the country. This village represents the achievements of self-reliant people whose values Ford embraced. He summarized these

If You Go . . .

- **Henry Ford Museum and Greenfield Village** is in Dearborn, Michigan, 12 miles west of downtown Detroit. Directional signs are posted along routes I-75 and I-94, the Southfield Freeway (M-39), and Michigan Avenue (U.S. 12). Parking is free.
- **Information by phone:** 313-271-1976, 24-hour recorded message; 800-TELL-A-FRiend (800-835-5237), outside the 313 and 810 area codes; 313-271-2455, Telecommunications Device for the Deaf
- **Hours:** Museum and Village open 9:00 a.m. to 5:00 p.m. Village building interiors are closed January through mid-March. The entire complex is closed Thanksgiving and Christmas Day.
- **Prices:** Adults $12.50; senior citizens 62 and over, $11.50; children 5-12, $6.25; children under 5 free. Admission to the Museum and Village is separate. Combination tickets (unlimited access to both sites for two consecutive days): adults $22, youth 5-12 $11.

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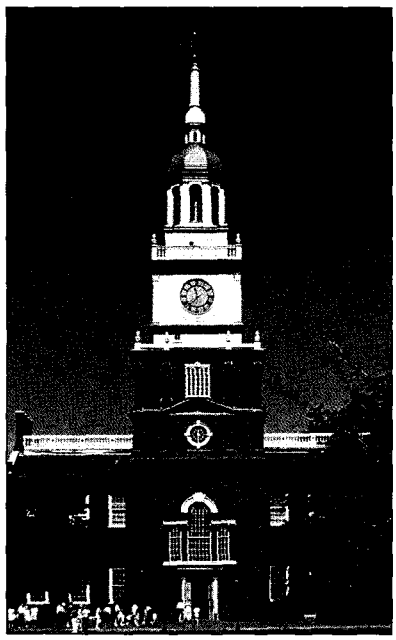
values when he said, "As a nation we are not dependent so much on rare or occasional genius as on the general resourcefulness of our people."

As a historian, Ford realized the importance of collecting buildings that exemplified the growth of our country. He spared no expense in moving, reassembling, and restoring buildings of people who he felt were the backbone of our nation.

The 1892 Millinery Store of Elizabeth Cohen, a resourceful woman who sold hats, fabrics, and gent's furnishings, came from Detroit. Through her shop, Mrs. Cohen gained a far greater degree of independence than her mother or grandmother had enjoyed.

The house of Henry James Heinz, innovator in food production and packaging, came from Sharpsburg, Pennsylvania. He began producing bottled horseradish in his basement. Eventually the whole house became a factory that produced vinegar, pickles, and a whole shelf of "57 other varieties."



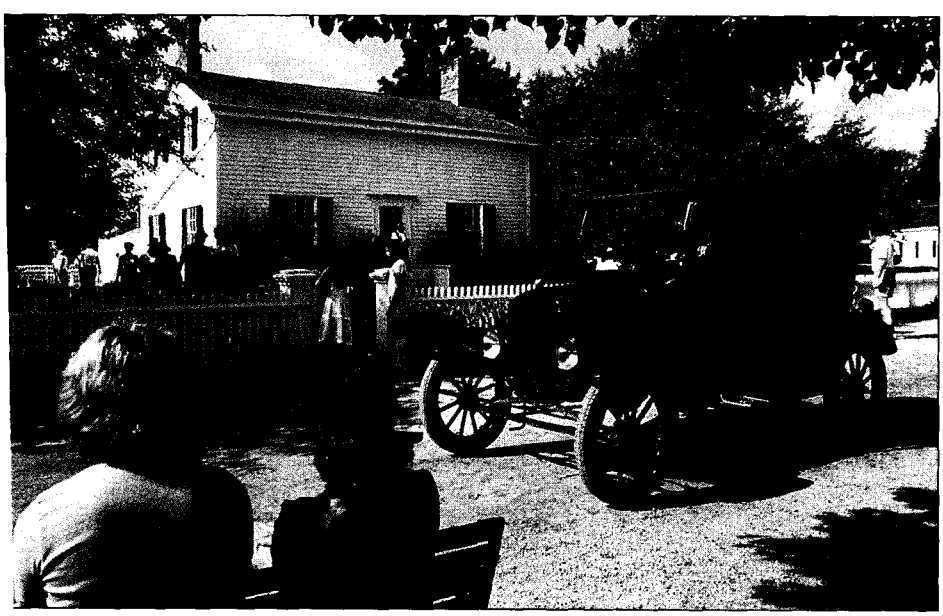
Stepped-up attendance is expected this fall as the always-popular Henry Ford Museum salutes its founder and his contributions to the American automobile industry.

The humble birthplace of William Holmes McGuffey, author of the famous "readers," came from the Pennsylvania pioneer wilderness. The McGuffey readers were the central texts for most 19th-century one-room schoolhouses. Through them, millions of children learned to read and value practicality, hard work, honesty, charity, and patriotism.

Mankind took to the air when Orville and Wilbur Wright launched *The Flyer* at Kitty Hawk, North Carolina, on December 17, 1903. It was the world's first manned, heavier-than-air, powered flight. Ford moved their cycle shop and home from Dayton, Ohio. The bicycle shop, many believe, is the birthplace of aviation.

The Menlo Park Laboratory is the "invention factory" where electrical

continued on page 80



Visitors who meander the streets of Greenfield Village are likely to come upon the cycle shop of Wilbur and Orville Wright, the laboratory of Thomas A. Edison, and the birthplace of William Holmes McGuffey.

Centennial of the American Automobile Industry, 1896-1996

Events in the Henry Ford Museum

1. The Life and Legacy of Henry Ford. Opening in the fall of 1996, this new exhibit honors the museum's founder by highlighting his life, including his accomplishments in the auto industry, as well as his personal dedication to history and education.

2. 100 Years of the Automobile in American Life. This exciting permanent exhibit explores the automobile and its impact on America. See how the automobile has evolved, how auto advertising has changed, how the car has impacted society, and much more. The world's most comprehensive exhibit on the history of the car in America, it serves as a colorful celebration of the automobile.

3. The 1896 Duryea. The 13 vehicles produced by J. Frank and Charles Duryea in 1896 comprised the first production run of an automobile in America. Come see the only surviving Duryea from that run and learn the story behind the beginning of the American automobile industry.

4. Ford Motor Company Concept Car. To commemorate the Auto Centennial and to show how far the American auto industry has come, see the Ghia Via, one of Ford Motor Company's concept cars.

Events in Greenfield Village

1. The American Automobile Industry—Past, Present, Future, September 4-6. The National Association of Automobile Museums will hold its first biennial conference, comprised of discussions and presentations on the past, present, and future of the American automobile industry. Activities include historic bus tours of the automotive landscapes of Southeast Michigan.

2. Old Car Festival, September 7-8. This outstanding show is the only car meet of its kind, featuring vintage vehicles from 1932 or earlier. Parades and demonstrations of early motoring skills make this meet a truly unique experience.

3. The Glidden Tour, September 20-21. This highly regarded auto tour salutes the Auto Centennial, as well as its own 50th anniversary. An estimated 700 antique automobiles (1936 and older) will arrive in Dearborn from across the country for this annual gathering.

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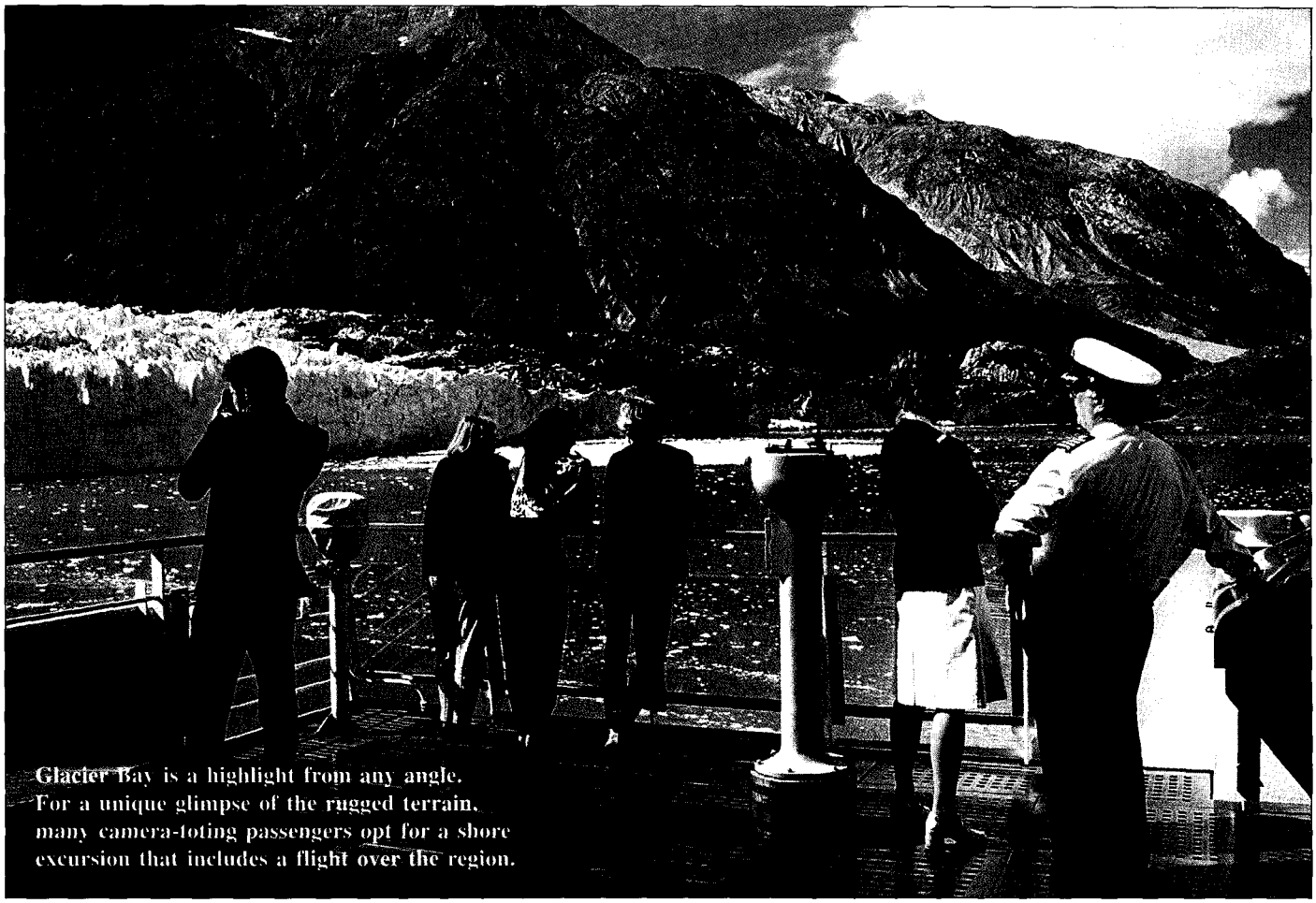

Glacier Bay is a highlight from any angle. For a unique glimpse of the rugged terrain, many camera-toting passengers opt for a shore excursion that includes a flight over the region.

CRUISING ALASKA

Adjust your binoculars, settle into a comfy deck chair, and prepare to witness one of the greatest shows on earth.

by Richard Carroll

Like a huge block of glacial ice, the 16-story Crown Princess is nudged out of the harbor by a tug appropriately named "Junior." Seward, Alaska, where the bowling alley is all of two lanes and the fish tales are as tall as the trees, fades into the horizon among a swirl of sea birds.

In the dusky evening light, clouds roil past the darkened mountains and give an almost ominous effect. The passengers, wined and dined, gather on deck to gaze at pockets of snow, small glaciers, and a vast land of wilderness stretching for hundreds of miles in all directions.

We anticipate sighting bald eagles, caribou, moose, and hungry bears as foghorns sound and the ship slips southward to the Alaska Inside Passage. The landscape will include Glacier Bay, Skagway, Juneau, Ketchikan, and Vancouver. Free of jangling telephones and fax machines, the next morning we watch tidewater glaciers and listen to the thunderclap of ice chunks tumbling into deep fjords. Clever seals hop aboard the floating cubes and use them like rafts. Snow-draped mountains, craggy cliffs, and bowls of ice fields make us realize that here the weather rules, and we are like ants drifting through its domain.

The ship seems to gather us in like a mountain cabin in a snowstorm, and we enjoy classic British afternoon tea followed by a video about early Alaskan history, the hardworking pioneers, and the short summers that bow to winter by mid-September.

Within this northern setting, formal night activities are reminiscent of a 1940s Fred Astaire movie. We expect to see passengers, dressed in their ritziest, draped over railings on three levels listening to the Captain's remarks and enjoying appetizers while the band plays on.

Our second day at sea finds us in the middle of Glacier Bay. Public ship announcements are on hold to

IF YOU GO

Princess Tours offers a number of Alaska land-cruise tour packages ranging in length from 4 to 13 days, with trips to Denali National Park, Anchorage, Fairbanks, Prudhoe Bay, the Kenai Peninsula, the Arctic, and the Canadian Yukon. Cruises depart on 7- and 12-day Inside Passage sailings from Vancouver. Cruise rates, widely discounted, depend upon the time of year, location of cabin, and value package. For information, brochures, and rates, see your travel agent.

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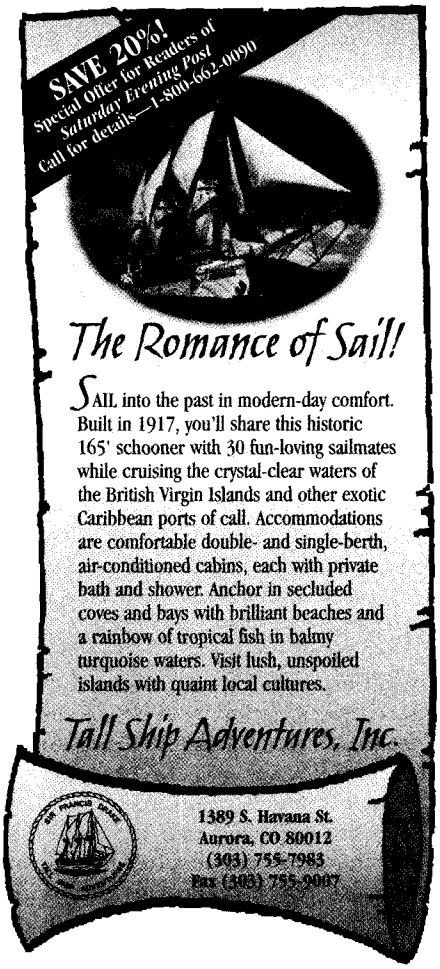
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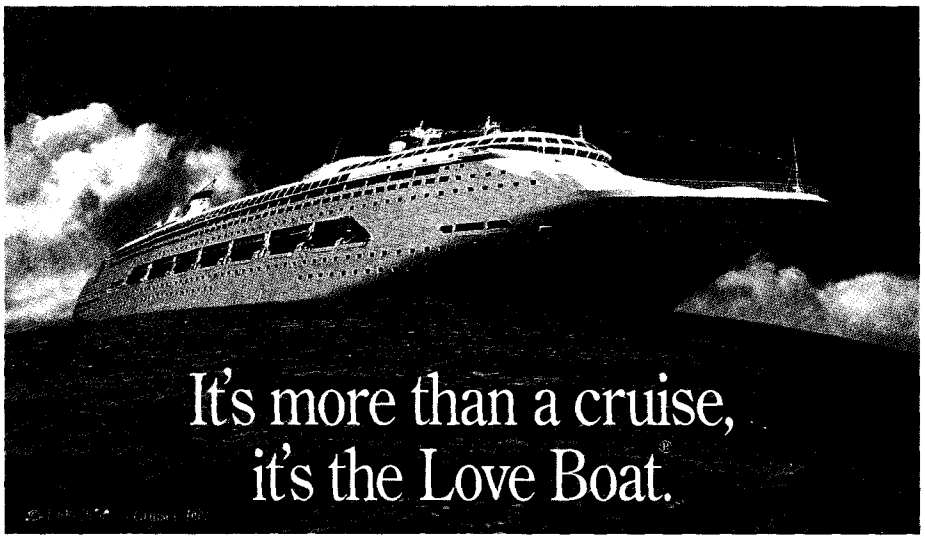

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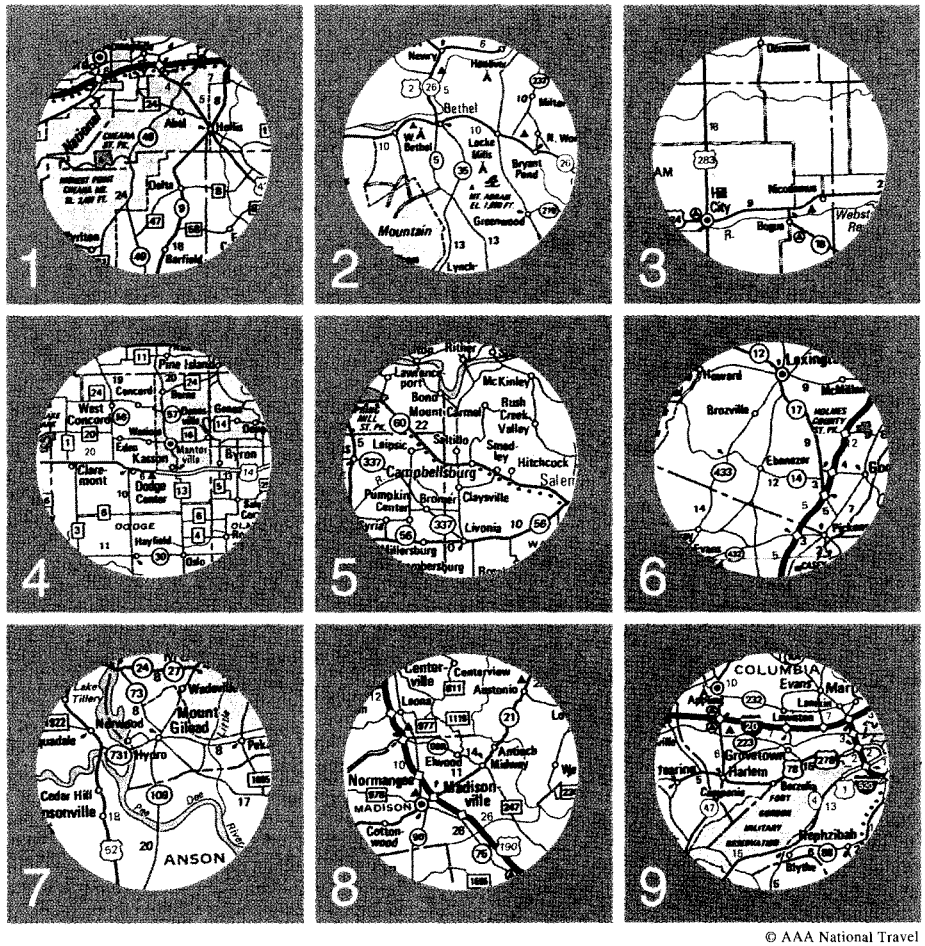
heighten the moment as we sail past ravines and stands of Sitka Spruce that somehow survive in the rocky soil. The sighting of a black bear is a reminder that if a traveler left his field glasses at home, he ought to invest in a pair from the gift shop.

That evening the ship's crew celebrates "Italian Night" with festive dishes and a mood to match. From the dining-room windows, we watch the deep blue sky, lofty mountains, and glorious sunset. Suddenly the waiters point to the ocean and a large ripple. Streams of mist shoot into the air as a pod of killer whales swims by. Everyone applauds. It's a gala moment deep in southeastern Alaska.

Just when we think we're ready for a field trip, the preserved gold-mining town of Skagway and forest-covered fjords appear during breakfast. The ship's comedian jokes about the block-long town and a library that has only one book, the yellow pages. Cars are never stolen here, only missing for a few hours; if you have a toothache, you sign up with the dentist who drops in once a month with his trusty drill and big smile.

Passengers on shore leave share hot crab sandwiches and stop by the historic Red Onion Saloon, circa 1898, where the ship's musicians sit in with the locals. For contrast we also visit Juneau (pop. 30,000), which is filled with art galleries, hanging flowers, cozy restaurants, and hotels. Pioneering miners came here in search of gold and stayed to build a town.

Shore excursions transport passengers to a glacier via helicopter and take them



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 86)

A Cruise for Every Budget

"Consumers have the opportunity for unprecedented cruise bargains from September through December 16, 1996," says Larry Fishkin, president of The Cruise Line, a Miami-based discount cruise agency. "New ships such as Princess Cruises' *Sun Princess*, Celebrity's *Century*, and Carnival's *Inspiration* continue to tip the balance between supply and demand in favor of the consumer."

In November, Carnival will introduce the Carnival *Destiny*, the largest cruise ship ever built, which will carry an average 2,600 passengers a week to the Caribbean. In December, Celebrity's new ship, *Galaxy*, debuts and will treat more than 1,800 passengers a week to the fun of island-hopping in the Caribbean. With 20 new ships scheduled to arrive by 1998, vacationers have more choices than ever before.

Flexibility often is the key to last-minute cruise bargains. When cruise lines can't fill their ships close to departure, they turn to discount-cruise agencies such as World Wide Cruises in Fort Lauderdale, Florida, to book their unsold inventory at savings of up to 60 percent. These companies receive volume discounts and preferred rates from all the major cruise lines and pass the value on to the cruising public. Clients can take advantage of standby deals, unadvertised specials, off-season bargains, upgrades, and other incentives.

In addition to guiding travelers to available bargains, discount-cruise agents match vacationers with the type of cruise options best suited to them. These range from three- or four-day getaways, theme cruises, and cruises geared to families, honeymooners, singles, or the physically challenged.

Additional considerations are the sizes and styles of the various ships. Some liners resemble floating hotels and offer nonstop activity. Other ships specialize in total relaxation, with visits to out-of-the-way islands. For example, the magnificent three-masted *Sir Francis Drake* boasts that it employs no cruise director and sponsors no "funny-hat contests." Instead, its cruise line—Tall Ship Adventures—guarantees lots of water sports and leisurely stops at secluded beaches that the big liners must bypass.

For more cruise information, call The Cruise Line, Inc., 1-800-777-0707; World Wide Cruises, Inc., 1-800-882-9000; Tall Ship Adventures, Inc., 1-800-662-0090.

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ARTHRITIS PAIN RELIEF PROVEN EFFECTIVE IN CLINICAL STUDIES

In the ***American Journal of Pain Management,*** October 1994 issue, Dr. Thomas Romano, M.D., Ph.D, and Dr. John Stiller, M.D., reported a clinical test of **AURUM** on Fibromyalgia Syndrome (FS) patients. FS is a soft tissue rheumatism condition characterized by widespread musculoskeletal pain, tender points and nonrestorative sleep. They stated, "Results clearly indicate that **AURUM** is helpful in relieving pain in patients with FS, especially patients who have gastrointestinal intolerance to NSAID's (Non Steroidal Anti-Inflammatory Drugs)."

Dr. Christopher Burda, M.D., a leading rheumatologist and arthritis researcher, reports a 93% success rate in relief of pain among his patients involved in an open-label, clinical study. These patients had pain associated with arthritis, bursitis, tendinitis and other similar disorders. Their pain relief ranged from good to complete relief. The over-the-counter drug that was used in the study was **AURUM Analgesic Lotion.**

As Dr. Burda stated, "**AURUM** is a most valuable therapeutic modality without systemic side effects in the management and treatment of various musculoskeletal disorders."

Another leading rheumatologist, Dr. William Brelsford, M.D., conducted a double blind study at a leading research center and said, "**AURUM** can provide a significant level of pain relief for the discomfort of bursitis, tendinitis, arthritis and similar soft tissue injuries and disorders."

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Dr. Joseph Kahn, Ph.D., P.T., a leading physiotherapist and author of the well known textbook "Principles and Practice of Electrotherapy," reports that all of his patients who used **AURUM** received temporary relief from pain. He said, "**AURUM** is a significant adjunct in the treatment of arthritis."

Listed in the 1994 Physicians Desk Reference for Non Prescription Drugs, **AURUM** is a patented drug and is formulated with 3 powerful active pain relievers and 18 other high quality ingredients in a rich, smooth lotion that's also good for your skin. **AURUM** contains Methyl Salicylate and 24 Karat Gold. Consult physician if allergic, and use only as directed.

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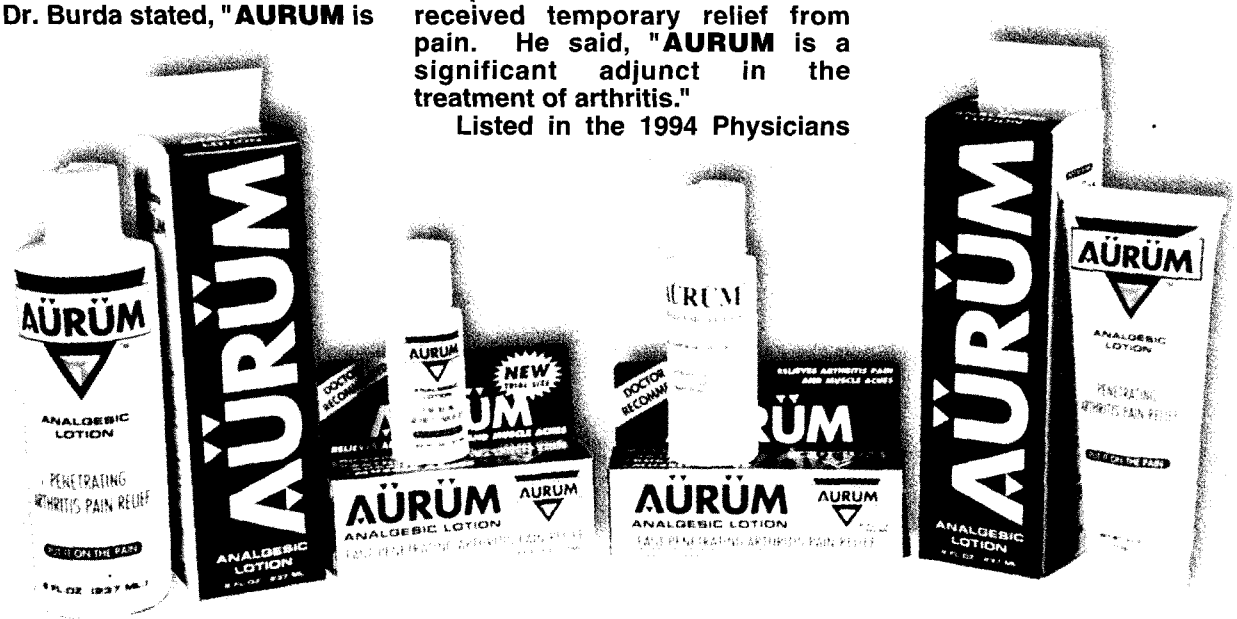

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on a remote river-rafting adventure. Visitors experience the essence of the frontier spirit when they spot, miles from civilization, a lone riverside cabin with smoke curling from its chimney and a barking husky wagging its tail.

Ketchikan, the state's southernmost city, is drenched in 13 feet of rain each year; many of its store signs read, "Don't drip on the books." The residents quip, "If you stand in one place too long, you could begin to rust." In the Tongass Historical Museum, passengers discover the Tlingit, Haida, and Tsimshian peoples' connections to the land and the sea; in the village of Saxman, they chat with master totem-pole carvers and photograph the largest collection of poles in the world.

The last day at sea, the decks are crowded with outdoor diners while hundreds of dolphins play in the wake of the ship. It is a lovely farewell to a proud region.

Can you name this picture?

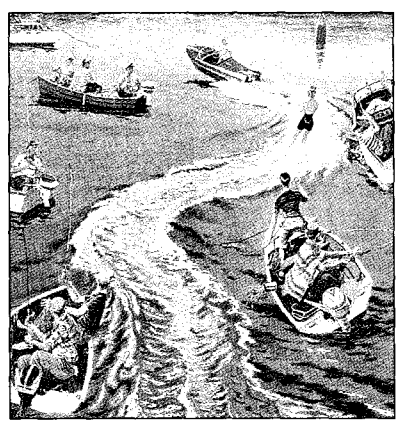
. . . **contest:** *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by October 19, 1996.

The winner of the Sept./Oct. 1996 contest will be announced in the Jan./Feb. 1997 issue.



Our congratulations and a check for $100 go to Clay Harrison of Tampa, Florida, for the winning entry in our May/June 1996 caption contest.

Old fishermen came to the lake
With dreams they could never forsake.
Those dreams were soon shattered
By a skier who scattered
Every boat and fish in her wake!

Centennial Salute

continued from page 75

wizard Thomas A. Edison poured out 420 of his 1,093 patented inventions. Believing sleep was a waste of time, Edison rested by taking 15-minute catnaps curled under his desk at his laboratory. Two important inventions were the phonograph and electrical lighting system. He was successful because he focused on products useful in the home and office.

Ford so admired Edison that he dedicated the Edison Institute (the original name of the Henry Ford Museum) on October 21, 1929, the 50th anniversary of the invention of the practical incandescent light. For authenticity's sake, he transported seven railroad car loads of topsoil from the original Menlo Park and hauled it to the village site.

A sampling of other famous Americans whose homes dot the Greenfield Village landscape include: Stephen Foster, the composer of "My Old Kentucky Home"; Noah Webster, author of the first American dictionary; and George Washington Carver, agricultural scientist.

As you walk back through the historical theme park where life's pace has been magically altered, stop by the Ackley covered bridge to admire its reflection in the pond it spans. The 1832 vintage bridge, built in Washington County, Pennsylvania, eased transportation for people in rural America.

Current restoration and preservation projects carry on Ford's wishes. The Firestone Farm, homestead of tire magnate Harvey Firestone, was restored in 1985. This 1880s working farm realized Ford's goal that Greenfield Village "reproduce American life as lived."

Behind this two-story brick house of Pennsylvania German influence and Italianate ornamentation live wrinkled merino sheep, speckled Brahma chickens, Shorthorn cattle, Poland China hogs, and Percheron horses. Inside, you

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It's a natural fact. If you are a male over 40 and don't already suffer from a prostate gland disorder, the odds are 2 to 1 that you will before you are 59. By the age of 65, most American men have enlarged prostates. As the years pass, mild discomforts can become disabling. Today, prostate surgery is the second most commonly performed surgery for non-cancerous BPH in men over age 65! Some surgical complications can result.

Prescription drugs may halt the swelling, but many prescription drugs may also have side effects. Many doctors feel that disorders of BPH can be treated or prevented by giving the prostate gland the nutrition it lacks.

Recent scientific research has shown how to remedy the underlying problems associated with disorders of BPH -- safely and effectively. These results have been published in the *British Journal of Clinical Pharmacology* and the *American Journal of Gerontology*. They reveal that several vitamins, minerals and natural herbs can dramatically shrink the prostate and improve urinary performance in older men.

The most modern application of these healthy ingredients is found in Prostsafe™ from Whitewing Labs. Prostsafe is the nutritional "tool kit" for men with benign prostate problems, and those who wish to prevent them. It is a mixture of zinc, serenoa serrulata, ginseng, certain amino acids, bee pollen and vitamins A, B-6 and E. These ingredients have been shown to help shrink a swollen prostate.

As little as a dollar a day seems like inexpensive insurance against disorders of BPH. If for some reason you are not satisfied, just return the unused portion within 30 days for a full refund. The reasons why men over 40 use Prostsafe are clear. If you are looking for relief, order Prostsafe today.

Dr. Leslie Atterbury III, M.D., says "Prostsafe supplies essential vitamins, minerals and herbs needed to nourish and maintain a healthy prostate."

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"I no longer stop at all the rest areas on the golf course." *-- Mr. R. Reeve, Roswell, GA*

"Before I used to have several bladder infections a year. Now I do not have any." *-- Mr. A. Simon, Charlotte, MI*

"I have less aches and stiffness." *-- Mr. K. Osmon, St. Francisville, IL*

"Now I get a good night's sleep without getting up every two hours to urinate." *-- Mr. C. Hussy, Cleburne, TX*

"Prostsafe has stopped the burning after urination." *-- Mr. C.E. Black, Barboursville, WV*

"...my urinary flow has improved greatly. I no longer have to force..." *-- Mr. P. G. Sadler, Ocean, NJ*

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can see people dressed in 1880s fashion performing tasks from that period.

The J.R. Jones General Store caters to the consumer who wants to indulge in 1880s-era one-stop shopping. The window displays Louisville Slugger baseball bats, fishing equipment, and a pyramid of canned goods. Salt pork, pickles, and sugar barrels line the floor. Stove polish, bolts of cloth, shaving mugs, kerosene lamps, corsets, cowbells, and Coe's Dyspepsia Cure neatly fill the shelves. The storekeeper will help you make your selections and settle your bill.

Finish your trip at a contemporary restaurant, A Taste of History, where chefs dish up tasteful encounters of American ingenuity. The cafeteria offers dozens of choices from regional favorites (Georgian-style sweet potato chips and barbeque) to adaptations of historic dishes (Abe Lincoln's favorite chicken fricassee), plus distinctive foods such as apple-cherry pie.

As you dine, look up at the huge novel clock whose face is a giant pie. Its numbers are kitchen utensils, and the hands are giant forks. Ringing the center is a miniature train that circles the clock while pulling a string of gondola cars that bear the message, "A Time to Taste."

As you see this message, you may smile. Your visit to the Ford Museum and Greenfield Village has given you far more than "A Taste of History." Now that you have satiated your hunger for American tradition and values, go out and shape a better world! ▲

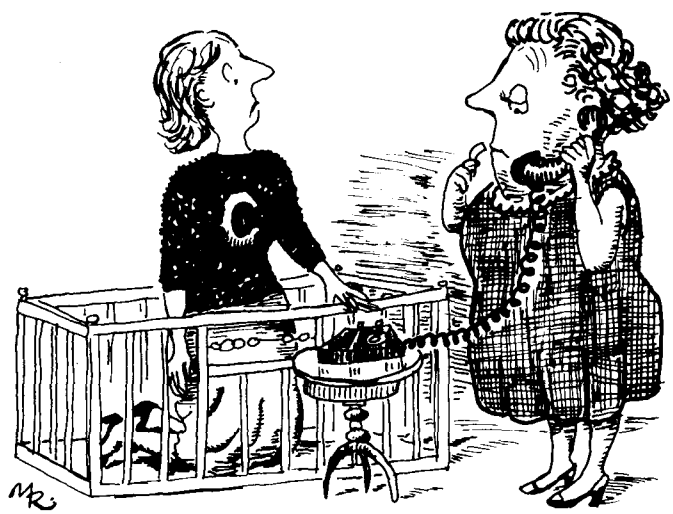
Exercise and Iron

continued from page 21

foods to the diet, because supplements can cause nausea and carry a risk of toxicity. The best sources of iron, and the only sources of heme iron (the most readily absorbed by the body), are meat, poultry, and fish. Good nonheme sources of iron include dried apricots, prunes, dates, raisins, beans, tofu, and some vegetables, such as spinach.

"Select breads and cereals with the words 'iron-enriched' or 'fortified' on the label," writes sports nutritionist Nancy Clark in *Nancy Clark's Sports Nutrition Guidebook* (Leisure Press, 1990). "This added iron supplements the small amount that naturally occurs in grains. Eat these foods with a source of Vitamin C (for example, orange juice with cereal or tomato on a sandwich) to enhance iron absorption." Clark also recommends cooking in cast-iron skillets. "The iron content of spaghetti sauce simmered in a cast-iron skillet for three hours may increase from 3 to 88 milligrams for each half-cup of sauce," she writes. And people prone to being anemic should abstain from drinking coffee or tea with all meals, she says, since substances in these beverages can interfere with iron absorption.

"Active women need to be a lot more careful about their food choices," sums up Purdue's Lyle. "If you heed warning signs before iron stores are depleted, you can correct deficiencies before they really become a problem." ▲



The Perfect Squelch

Marilyn, who never had visited in the West, was more than outmatched in this respect by her mother, who had never even let her thoughts wander west of the Hudson. So when a college friend from the Rocky Mountains area invited Marilyn out for the holidays, her mother developed no small amount of reservation. She worried over travel conditions, blizzards, and avalanches—and acted in general as if her darling daughter were about to brave an untamed frontier.

The college friend and her parents, in long-distance calls, tried to calm the mother's fears. With every cause for concern eliminated, however, the mother still balked.

Finally the chum's mother said, "If it is hostile Indians you're worried about, let me reassure you—we live inside the fort."

—Ann Brown

Fred Meijer

continued from page 41

week in summer, Fred goes biking with an octogenarian friend. The same friend goes downhill skiing with him in Colorado in the winter. "He's 82," Meijer says, "so I have to keep up with him."

Meijer loves fresh produce "for its health value," he says. His mother was a vegetarian, and he admits to eating spinach every day—for breakfast. "I have an eye problem. The doctor said it might help to eat green, leafy vegetables, and I'm not always sure I can get spinach during the rest of the day."

Health is the most important thing to hold onto, Meijer recently told a Michigan State University graduating class. "You can't control your genes, but by golly, you've got the best health you're going to have. Treasure it, because when you get to be my age, it makes living worthwhile.

"Live life to the fullest; always be a student," he exhorted. "There are many things you'll never know, but the more you know, the more your lives will be enriched." Finally, he cautioned, "Intelligence without sound judgment will cause more trouble than joy."

But Meijer is not overly quick to pat himself on the back about getting his message across. He still treasures the letter he received from a little girl after giving a talk at a Grand Rapids grade school:

"Thank you for taking the time to visit Sibley school," she wrote. "I learned nothing, but it was a good speech. Sincerely, Amanda Kishman." ▲

Safe Under the Sun

continued from page 47

before the age of 15 years and came from a northern European country where there isn't a lot of sunlight, you had a much higher chance of having melanoma than if you immigrated when you were older

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than 15 years of age. They concluded that younger people are at a greater risk for sunburns, and that is the reason for the higher melanoma incidence in that population.

There is definitely a genetic predisposition to melanoma. If somebody in your family has had a melanoma, it's much more likely you will have a melanoma than someone from a family with no history of the skin cancer. Therefore the risk of developing a melanoma is probably a combination of genetic and environmental factors.

Post: Are fair-skinned people more susceptible to melanoma?

Dr. Hood: People with blond or red hair, blue eyes, and a light complexion are definitely more susceptible to developing a melanoma. But everybody is susceptible. Melanomas occur in people throughout the world. It's interesting, however, that melanomas on dark-skinned individuals tend to occur in different locations than on fair-skinned people.

In fair-skinned people, melanomas are most commonly seen on the upper back in both men and women, and also on the back of legs in women. In African-Americans and Orientals, melanomas tend to occur more frequently on the palms and soles, in the oral mucosa, and under the nails.

Post: Melanoma, then, doesn't necessarily occur where skin is most often exposed?

Dr. Hood: Absolutely not, no.

Post: Is there a way to tell, in addition to family history, whether one is at higher risk for melanoma?

Dr. Hood: If you are a fair-complected, light-eyed, light-haired person, you run a significant risk of melanoma. If you add to that a history of sunburns as a child, you up the ante even farther. If you then add a lot of moles, an indoor occupation and outdoor hobbies . . . all of these things begin adding up to make melanoma more likely.

Post: If you fit this description, you would want to take some preventive measures?

Dr. Hood: I would hope so.

Post: Which kind of sunscreen is needed to provide complete protection?

Dr. Hood: You need to get a sunscreen with an SPF (sun protective factor) of 15 or greater and one that is waterproof. Those are the two most important things. The third is, you've got to put the sunscreen on; it doesn't do any good if it stays in your bathroom on the shelf. Get a sunscreen that you like—one that's pleasant to use, not greasy, and doesn't have a bad smell. Sometimes that takes some trial and error. But, to repeat, the magic number is 15 or greater. Another magic number is 20 minutes. You need to put sunscreen on yourself or on your child about 20 minutes before you plan to go into the sun. It helps lock the chemicals onto your skin better. Ideally, you should put it on children before they've put on their bathing suits. That way, you won't have big gaps where the bathing suit has slipped down.

Post: One shouldn't just put sunscreen on and jump right into the water?

Dr. Hood: No. And if you do jump into the water frequently, reapply sunscreen. If you are playing tennis or exercising and perspiring a lot, the sunscreen should be applied at two-hour intervals.

Post: Even though it says six-hour protection on the bottle?

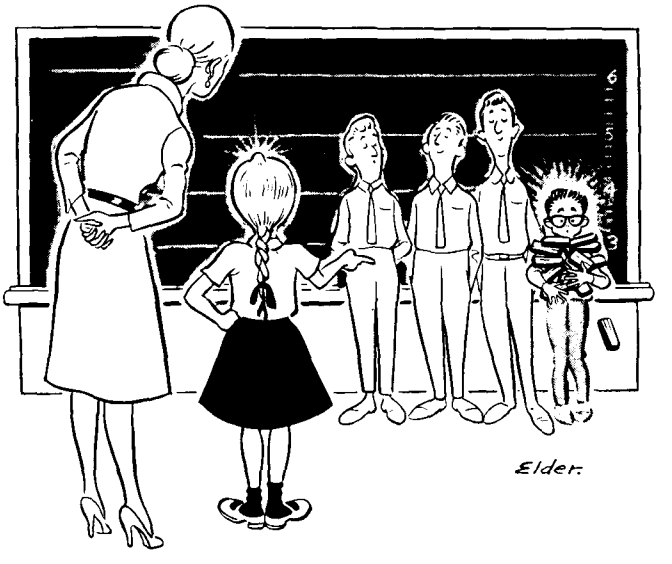
Dr. Hood: I'd recommend every two hours.

Post: I know someone who went on a ski trip and used SPF 45, yet still got a sunburn. What is the difference between a 45 and a 15?

Dr. Hood: The sun protective factors are created to allow you to have some sense of how much longer you can stay in the sun and not get a burn using a particular product. For instance, if you put on a sunscreen factor of two and you normally would burn after ten minutes of sun exposure, then with a SPF of two you can stay out in the sun for 20 minutes before you'll burn. With a sunscreen protective factor of 15, you can stay out for 150 minutes or 2½ hours. A sunscreen with an SPF of 45 will allow you 450 minutes of protection. The reality is, you still sweat things off, so sunscreens must be reapplied.

Post: So you can stay out for six hours, but one should put more on within two hours?

Dr. Hood: True. However, there is another problem: sunscreens are expensive. Sometimes people tend to want to save money by not applying them as liberally as they should. If you are the kind of person who doesn't want to put on a lot of sunscreen, then you should use a 45 SPF so that you get an effective protection of 15. But if you use a sunscreen properly by applying it liberally, a 15 is



You Be the Judge

by José Schorr

Junior, although smaller than his classmates who were throwing erasers, pitched in by retrieving the erasers for them. One hit and hurt a girl in the class. She sued not only the big boys who threw the erasers but also Junior.

"Because he 'passed the ammunition,' Junior was just as much to blame as any of the bigger boys," counsel for the girl argued. "Therefore, he or his parents should be made to pay along with the rest."

"Junior simply picked up erasers after other boys threw them," opposing counsel replied. "He didn't hit or harm the girl in any way. To hold him responsible is ridiculous."

If you were the judge, would you exonerate Junior?

Junior shared the blame along with the rest. The court said he "aided and abetted the wrongful throwing by procuring and supplying to the throwers the articles to be thrown."

Based upon a 1958 Oklahoma decision.

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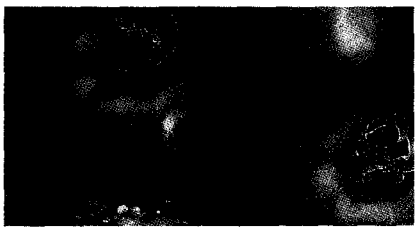

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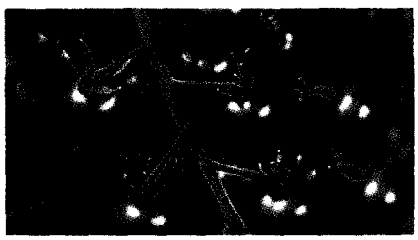

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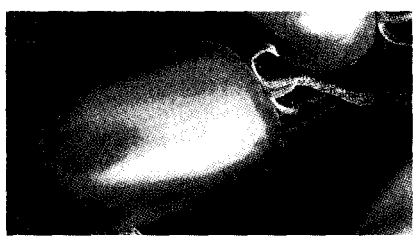

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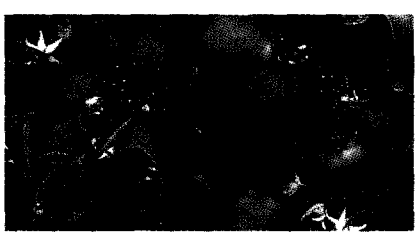

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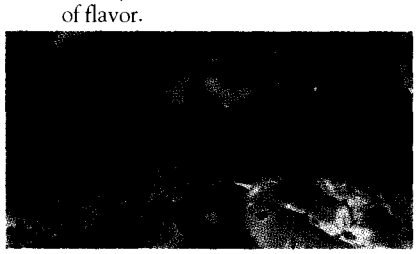

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How To Double Your Weight Loss With Garlic and Vinegar

(SPECIAL) – Yes, it's true...add the powerful combination of garlic and vinegar to your diet and you'll DOUBLE your weight loss overnight.

Not one, but five international studies have concluded that this safe, all natural duo revs up your fat burning furnace to an incredible rate. The scientific studies were done independently by medical researchers in China, France, England, South Africa and Russia.

In the Chinese study, the test subjects on the diet alone dropped an average of five pounds a week. However, the garlic and vinegar group lost an average of TEN pounds a week. According to Dr. Chen-Li Shen of the Chinese 'Institute of Applied Nutrition': "Each releases powers in the other that would remain untapped if you took just one or the other."

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Honey, Garlic & Vinegar Home Remedies also shows you exactly how to make hundreds of remedies using honey, garlic and vinegar separately and in unique combinations. Each preparation is carefully described along with the health condition for which it is formulated.

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certainly adequate.

Post: What about the spray-on sunscreens?

Dr. Hood: They're wonderful. But be careful spraying around the eyes, where they cause irritation.

Post: Is the effect of the sun on the skin increased whenever you are around water?

Dr. Hood: Yes. A lot of people think that if they are sitting under an umbrella at the beach, they're not getting sun. What they fail to remember is that sand, water, and even snow reflect about 80 percent of the ultraviolet light. You can get a whopping sunburn sitting underneath an umbrella at the beach.

Post: Let's say, for example, that you have been out in the sun and have gotten a bad burn. Is there anything you can do to correct the situation?

Dr. Hood: Unfortunately, there's no magical cure that can undo what is done. The best thing you can do is to make yourself or your child comfortable while it heals, which is really only a matter of a few days. Take cool baths and soaks and put on calamine lotion, which is soothing. You can also take analgesics such as ibuprofen or aspirin. But, basically, you have to wait things out. One thing I recommend you not use, which is available in drugstores, is a product that contains benzocaine or other "caines." Those products give a numbing sensation when put on the skin—and that feels good. The problem with using them is that you can become sensitized to them and develop a reaction at a later time in life.

Post: Will applying a moisturizer help with a sunburn?

Dr. Hood: That will not help in the acute phase. In the first two days, while really red, you basically want to stay comfortable—that's about all you can do. Then as the redness begins to fade and the skin begins to peel, a moisturizer is a nice thing to use to keep skin from falling off in big chunks.

Post: Will a moisturizer help repair skin damage?

Dr. Hood: No. That's a done deed.

Post: How does ultraviolet light age your skin?

Dr. Hood: Basically it creates a change in the under surface of the skin called the dermis. The change, called solar elastosis, is relatively irreversible. To explain it, I use an analogy that I hope people will not find offensive. If you compare the skin on your buttocks to the skin on your face or neck, you will see the difference between areas that get no sun and areas that get lots of sun. A lot of the changes that we think of as due to aging, such as facial wrinkles and blotchy discoloration on face, neck, and hands, actually are due to chronic ultraviolet light exposure.

Post: What warning signs should one look for on the skin that might indicate developing cancer?

Dr. Hood: The two words to remember are "new" and "changing"—a new lump, bump, colored spot, or a preexisting lesion, particularly a mole

Where Do You Think You Are?

(answers from page 78)

(Theme: Old Testament names)

1. Abel, AL
2. Bethel, ME
3. Nicodemus, KS
4. Eden, MN
5. Mt. Carmel, IN
6. Ebenezer, MS
7. Mount Gilead, NC
8. Antioch, TX
9. Hephzibah, GA

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that changes. It can change by getting elevated, altering in color, or the surface can change. It can get a little ulcerated and crusted, or even bleed.

Post: If you are a fair-skinned male, then you have to be able to examine your back, right?

Dr. Hood: We try to teach people to examine their skin or have somebody else examine their skin for them on a regular basis. If you have a loved one who notes something that's suspicious, for example, you should see your personal physician or a dermatologist right away and have it checked out.

Post: You mentioned moles. Do people with moles have more melanoma?

Dr. Hood: Both noncancerous moles and melanomas are derived from the cells in our skin known as melanocytes, which make pigment. A person who has a lot of moles has more melanocytes and is therefore at greater risk.

Post: Would it be prudent to have moles removed?

Dr. Hood: I would not advocate prophylactic removal of all moles, because that won't keep you from getting a melanoma on normal skin, which is the other area where they can occur. It's better to learn what to look for and, if you have a significant risk, have a dermatologist examine your skin on a regular basis.

Post: What is the procedure if a dermatologist finds something abnormal?

Dr. Hood: It would be appropriate to take a sample or to remove the mole completely. A sample is sent to a pathologist who looks at it under a microscope and renders a diagnosis. From that a pathologist can determine whether it is a benign or a malignant spot, then go on from there. If it is a malignant melanoma, it's likely you would be called back for an additional removal of tissue to make sure it is completely gone.

Post: Melanomas can be very deadly, can't they? You can't just remove them from the skin and be done with it?

Dr. Hood: Sometimes you can. Melanoma has a two-phase growth cycle. Initially, a melanoma grows in a radial way. It grows superficially on the skin. But at some point, the melanoma takes a nosedive and basically begins growing deeper into the skin. When that occurs, there is a potential for what is called metastasis, the spread of disease to other organs. When that happens, you are at risk for death due to your melanoma. The whole trick is to catch melanoma in its very early stages during the superficial growth phase. If it is removed at that time, it's totally curable.

Post: At what age do most people have melanomas?

Dr. Hood: Melanoma is seen most commonly in the 20-to-50 age group. But melanomas are reported in younger people, and they certainly occur in older populations as well. Most often, however, they strike young people at the very peak of their productivity between the ages of 20 and 50.

Post: Obviously people enjoy outside activities. What advice do you give to young people about being in the sun?

Dr. Hood: People should practice sensible skin care and sensible sun protection. That doesn't mean you can't go outside. Nobody should dig a hole and live underground for fear of getting skin cancer. To lower the risk of skin cancer, wear protective clothing whenever possible—long sleeves, long pants, a hat, and sunglasses. Wear sunscreen when out on the beach or when doing things in high-intensity light exposure. Also, avoid suntanning parlors. Any excessive exposure to sunlight will only increase the photo damage and photo aging of your skin.

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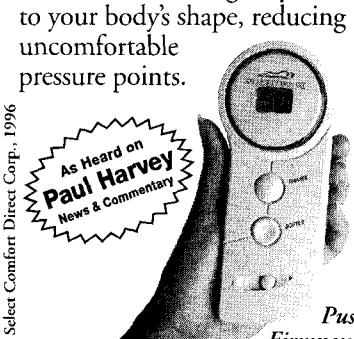

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Nothing is so difficult but that it may be found out by seeking."—*Terence [185-159 B.C.]*

Polycythemia Vera

Dear Dr. SerVaas:

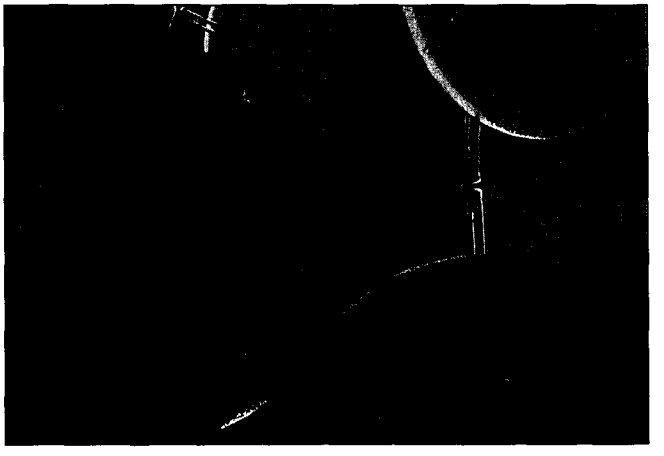
I was diagnosed with polycythemia vera about a year ago. I take 500 mg Hydrea twice each day.

My blood tests are near normal, but my spleen is greatly enlarged. About every two months I have a pint of blood removed.

I go to a hematologist and an internal medicine doctor. They seem, sometimes, to have conflicting opinions about treatment and prognosis.

I would appreciate any information you could give me. I am told it is a rather rare disease.

Dorothy A. Schmoldt
New Braunfels, Texas



Red blood cells are colored by hemoglobin, a protein that carries oxygen to, and removes carbon dioxide from, the body's tissues. Scientists recently discovered that hemoglobin also distributes a gas called nitric oxide, which plays a ubiquitous role in human health. Blood vessels expand or contract depending on the amount of nitric oxide to which they are exposed. The surprise finding may lead to new treatments for hypertension, heart attack, and shock, and may aid the development of artificial blood.

Researchers continue to investigate the best way to treat polycythemia vera (PV), so it is not surprising that physicians may have conflicting opinions.

Healthy bone marrow produces just enough new blood cells each day to replace the ones that have died. In PV, the balance becomes disrupted, and too many blood cells move into the bloodstream. Scientists believe a defect in bone-marrow stem cells is responsible, but the exact cause remains unknown.

Overabundance of red blood cells and platelets "thickens" the blood, which, left untreated, results in a greater danger of blood clots and a greater risk of stroke or heart attacks. There is also a high risk of bleeding due to abnormal platelet function. Over 75 percent of PV patients have an enlarged spleen, an organ that stores blood and destroys old red blood cells.

Fortunately, with early detection and control of the disease, most people with PV live for many years. Phlebotomy, or blood removal, lowers the number of circulating red blood cells, thus reducing the risk of blood clots. How often and how much blood is removed depends on how quickly the number of blood cells returns to abnormally high levels. In some cases, phlebotomy may be the only therapy needed.

Chemotherapy or radioactive phosphorus is sometimes prescribed to limit excess production of blood cells in the bone marrow. Drug treatment may control the disease for up to several years, but both types of therapy may increase the danger of leukemia. The drug you mention, Hydrea (hydroxyurea), is not known to cause leukemia. Occasionally, patients taking this medication develop a rash, gastrointestinal complaints, or fever.

Polycythemia vera is rare, occurring in about five out of one million persons. The condition generally begins in late midlife and is slightly more common in males. A hereditary component may be involved. For example, people of Jewish descent appear to be at greater risk of this disease.

Golfers Need Special Sun Protection

Dear Dr. SerVaas:

My husband golfs a lot, and he has had some skin cancers removed. He uses sunscreens, but because he perspires in the sun, he isn't protected. We have heard about something called tretinoin that might work to prevent skin cancers. Could you tell us about this product?

Peggy Stinson
Indianapolis, Indiana

You are right to be concerned. "Many of my most difficult skin-cancer patients have been golfers for many years," says C. William Hanke, M.D., F.A.C.P., Indiana University Medical Center dermatologist and professor. Dr. Hanke provides the following information:

"Renova (Ortho Pharmaceutical Company, Raritan, New Jersey) contains tretinoin, a form of vitamin A, in an emollient cream. Tretinoin is also the active ingredient in Retin-A. Retin-A has been available for the treatment of acne for several decades. Renova has a special cream base that has been formulated for dry, sensitive skin. The Food and Drug Administration approved Renova for prescription use in February 1996. Clinical trials demonstrated that Renova was more effective than a placebo in improving fine wrinkling, brown spots, and surface roughness.

"Renova has not been shown to prevent skin cancer. Patients who use Renova or Retin-A should avoid direct sun exposure and must also use sunscreens with a minimum sun protection factor of 15 because of heightened burning susceptibility. Nearly all patients who use Renova or Retin-A wil

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experience temporary side effects before noticing improvement. Side effects include redness, itching, dryness, peeling, and burning. The side effects usually resolve within a few weeks.

"Golfers are often in the sun regularly for five to six hours at a time. Golfers must wear hats, sunglasses, and apply sunscreens liberally. I would recommend reapplication of the sunscreen (SPF 15-50) every two to three hours while golfing because of the diminished effect that is caused by perspiration."

Use As Directed

"Always read the label. Use as directed." This familiar admonition applies not only to prescription but to all over-the-counter medicines. A California family is seeking special warnings on children's Tylenol, after Deborah Regosin-Hodges accidentally gave her 14-month-old daughter an overdose of the popular product, destroying the child's liver.

"I thought Tylenol was perfectly safe," Regosin-Hodges commented. "If it can happen to us, it can happen to anyone." The near-fatal error occurred when they confused concentrated infant-strength and the children's-strength Tylenol products. The child survived, but only after receiving an emergency transplant of part of her father's liver.

Acetaminophen is the active ingredient in Tylenol, Anacin 3, and many other frequently used remedies. But it is not a "harmless" alternative to aspirin. At least 33 children below age 13 died of acetaminophen poisoning from 1970 to 1991, according to a FDA report; 152 others suffered serious consequences ranging from hospitalization to permanent disability. Acetaminophen has been suspected in cases of sudden liver failure in adults, as well.

Acetaminophen toxicity has been well documented in the British literature since 1960, but many American parents are less aware than their British counterparts of its potential dangers. Few, if any, symptoms occur within the first 24 hours after an overdose. After 24 hours, nausea and vomiting are common, and liver-function tests become abnormal. Untreated, the victim becomes listless; coma and death may occur within five days.

Tylenol products have been used safely by millions of people for over 30 years.

"The real issue here is 'use according to directions,' and that's not just with Tylenol," says Ron Schmid, a spokesman for Tylenol manufacturer McNeil Consumer Products Company.

New Stroke Treatment Can Prevent Brain Damage

Dear Dr. SerVaas:

My husband had a slight stroke about a year ago. I read recently about a new drug that helps prevent damage from stroke. Is this a drug that can be prescribed to be given at home in the event of an approaching stroke? I understand that the drug must be given within the first three hours of the stroke. We live in a rural area an hour away from the hospital.

Mildred Smith
Upstate New York

The medicine you read about is clot-dissolving tPA (tissue plasminogen activator), sold by Genentech under the brand name Activase. It has been used successfully to treat heart attacks.

The FDA has now approved the drug for stroke treatment. It is the first drug that could protect stroke victims' brains from permanent injury.

The drug can be used to prevent stroke damage only if it is used *within three hours of the onset of the stroke*. Used later, it can produce dangerous bleeding.

This drug is an intravenous treatment and not for home use.

Dr. Mark Dyken is a world authority on strokes and editor of *Stroke*, a medical journal devoted to stroke research. We asked Dr. Dyken, "Why does Activase cause lethal bleeding if given after three hours?"

He said, "Even within three hours, some brain tissue is already dead. If enough is already dead, and you then give a drug like Activase that takes care of all the clots, you open a full head of flow, and you get a hemorrhage."

Dr. Dyken was obviously enthusiastic about this first drug that can help protect people who are having a stroke.

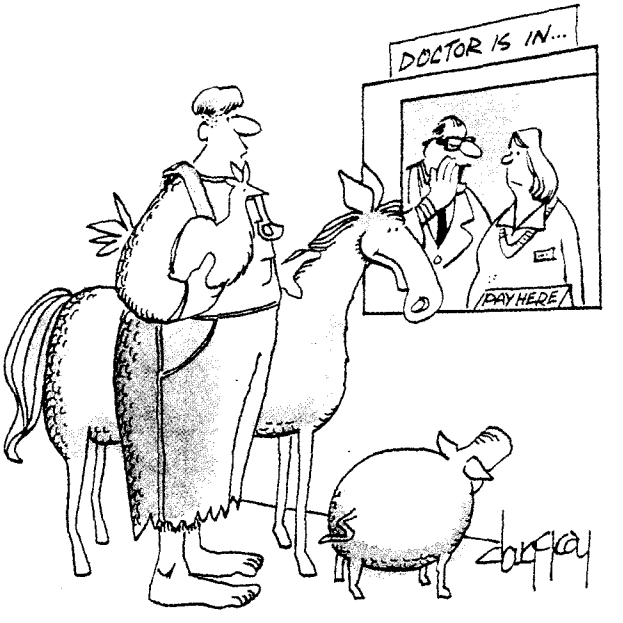
"But if people are giving it indiscriminantly, people who really don't have the teams going and aren't prepared, they could do a lot of harm."

Our suggestion would be to search out a team of neurologists who are thoroughly familiar with the use of tPA and, in an emergency, call the neurology department of the medical center or hospital nearest you that has such a team of physicians in place.

The medication has some risk from fatal hemorrhages, but those who respond have no deficit or minimal deficit at three months after the stroke.

We asked Dr. Dyken, "If you were having a stroke, would you want tPA?"

"Well, if there was any doubt, no. Say I woke up from sleep. I wouldn't want it because I wouldn't know when the stroke had occurred. And even if they could do it within three hours of my waking up, I would say 'no.' You know there is too much risk to it if, in fact, I had the stroke three hours before I woke up. They might kill me. But if I were to have a stroke right now while we are talking—if I fell over with the left side paralyzed and I had speech—I would call somebody and say, 'Get me to the team at our emergency room.' When I arrived, they would do a very quick



"Please, Nurse Hobbs. No more patients without insurance."

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examination to establish where I was in the process, and then they would get the CT. And if they could do all this within an hour, so that I was still well within three hours, I would say, 'Yes, I want it.'

"When tPA was first used for stroke in Australia and Germany, they found that if they waited too long, they had a higher and higher percentage of hemorrhagic complications."

I'm sure you can see that this is a drug to be used only by a sophisticated team of neurologists who can make a judgment call in an emergency. Knowing whom you could call in the event of a stroke would be a prudent idea. Also, now that this treatment is available, it is even more critical to recognize the warning signs of stroke and to seek emergency medical attention immediately. The warning signs of stroke include:

- weakness/numbness in the face, arm, or leg, especially on one side of the body
- sudden dimness, blurred, or decreased vision, particularly in one eye
- difficulty speaking or understanding speech
- unexplained dizziness, loss of coordination, or sudden falls
- sudden or severe headaches with no known cause.

Rapid Eye Movements and an Unsolved Mystery

Dear Dr. SerVaas:

Have any of your readers heard of a complaint such as mine?

I am 74 years old. For about 35 years, every night without fail, four to six times a night, I awaken agitated, with much higher blood pressure, panting, flushed, headache, eyes smarting. If I don't get up, the situation worsens, and a priapism occurs.

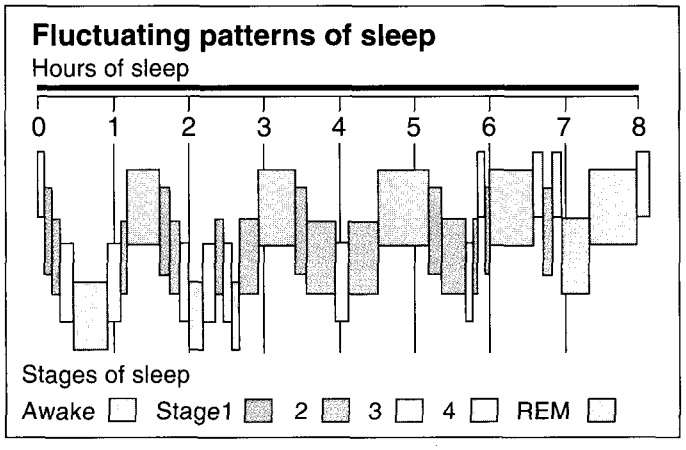
However, if I get up, go to the bathroom, pass a few drops of urine and return to bed, all symptoms quickly subside and I usually go back to sleep immediately.

I have been to many doctors over the years, including Mayo Clinic, and no one has a clue. I do seem to awaken in rhythm with "rapid eye movement" (REM) sleep, which everyone has every night, but not with my accompanying problems. I believe REMs normally occur in everyone from four to six times a night. What causes REMs no one really knows, but it is a recognized phenomenon. It happens with the eyes closed, and normally one wouldn't be aware of these REMs.

One other thing, however: When I go back to sleep, I seem to be paralyzed in that position (no tossing and turning) until I awaken again, agitated with the above happenings.

A penny, and more, for your thoughts.

Allen Johnston
Denver, Colorado



The five purple rectangles demonstrate the rapid eye movement (REM) sleep cycles that follow four stages of non-REM sleep. Brain-wave studies reveal the fluctuating cycle of sleep stages.

You present complex and mysterious symptoms. People usually experience four stages of deepening nonrapid eye movement (NREM) sleep followed by rapid eye movement (REM) sleep in an average of five to six cycles each night.

An electroencephalogram (EEG) reveals brain-wave patterns characteristic of the two sleep types. NREM sleep normally initiates sleep and appears as slow waves on the EEG. This type of sleep fills 70 to 80 percent of total sleep time, during which muscle tone, heart and breathing rates, and blood pressure are lowered. REM sleep is accompanied by EEG low-voltage fast activity. Heart and breathing rates increase and become irregular; the eyes dart in all directions. Muscle tone is depressed even further, and the body is immobile except for intermittent face, leg, and finger twitches. Most dreaming occurs during REM sleep and stage 3 NREM sleep; most night terrors, sleepwalking, and talking occur during NREM sleep, stages 3 and 4.

Most of us are not aware of these bodily changes as we sleep. Unfortunately, you seem unable to move smoothly through these sleep stages. Sleep is necessary for survival, and scientists are learning more about how and why it occurs. Specialized sleep disturbance clinics now exist across the country. They might be able to help.

The priapism is perplexing. We ask our readers to let us know if any have had similar annoying "REM" problems.

Beta Blocker for Heart

Dear Dr. SerVaas:

My husband is being given a beta blocker medicine for his heart. Could you explain just what a beta blocker means?

Marie Elizabeth Johnson
Minneapolis, Minnesota

A quick look into neurophysiology will help answer your question.

Our sympathetic nervous system is one of two divisions of the nervous system controlling unconscious functions, such as heartbeat and breathing. The sympathetic nervous system prepares the body for action. A familiar response is the "fight-or-flight" reaction that occurs when a person feels threatened and reacts with rage or fear: the heartbeat speeds up, blood pressure rises, and blood is directed to the heart and skeletal muscles.

"Norepinephrine (noradrenaline) and epinephrine (adrenaline) released from the sympathetic nervous system cause blood vessels to constrict and the heart to beat faster and harder," explains Myron H. Weinberger, M.D., director of the Hypertension Research Center at Indiana University. "The receptors that govern the heart's response are beta receptors. Drugs called beta blockers thus reduce the heart's response to adrenaline. As a result, the heartbeat slows down, blood pressure lowers, and blood flow increases to the intestines and skin."

In the United States, most beta blockers are used for treating hypertension, angina, and cardiac arrhythmias. Some are approved by the FDA for management of heart attack, migraine headache, essential tremor, hypertrophic

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subaortic stenosis, and pheochromocytoma. "Beta blockers are often given after a heart attack to prevent a recurrence," Dr. Weinberger adds.

Side effects include sleep disturbances, fatigue, and lethargy. Beta blockers may cause sexual dysfunction in men and increase serum total cholesterol and triglyceride levels. In general, asthmatics should not take beta blockers because of their possible spastic effect on bronchial muscle. Be aware that beta blockers can reduce intraocular pressure and interfere with the glaucoma screening test.

IDD: The "Forgotten" Disease that Affects 1.5 Billion People

Dear Dr. SerVaas:

My grocery stocks both iodized and noniodized salt. I've heard about some serious health problems that can result from iodine deficiency. Will I be at risk if I use the noniodized variety?

Carly Scheidelmeier
Las Vegas, Nevada

Today it's still wise to use iodized salt, but because it is already so pervasive in our food supply, you are probably safe even if you cook with the noniodized variety.

Goiters often develop during puberty in areas where iodine deficiency exists. This young man is from Tanzania, an area lacking iodine in the soil and in the food.

"You'd really have to work at it to be iodine deficient in the U.S.," says Dr. Fred Trowbridge, director of the Division of Nutrition and Physical Activity of the Centers for Disease Control and Prevention in Atlanta. "Not that it couldn't happen, but you would have to be eating a rather restrictive diet and be very much cut off from the usual food supplies."

Iodine deficiency disorder remains a major probem, however, in other parts of the world where salt has not been iodized. In China an estimated 400 million people suffer from IDD. Worldwide, IDD affects an estimated 1.5 billion people, about a third of the world's population, and is the leading preventable cause of mental retardation.

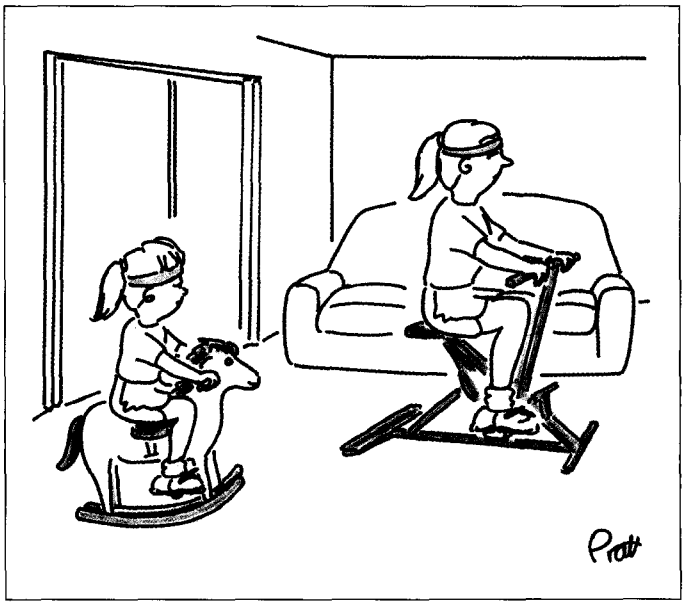
Iodized salt contains iodine, a nutrient essential for the proper function of the thyroid gland. The thyroid reacts to an iodine deficiency by enlarging and forming a goiter, an unsightly swelling of the neck that may lead to serious medical complications.

Generally, iodine occurs naturally in food if there is iodine in the soil, but in many areas of the world and some places in the United States, the soil lacks iodine, and if food is not available from outside areas, the population can become iodine deficient. A deficiency during pregnancy can lead to cretinism, a severe birth defect resulting in mental and physical retardation.

Iodine deficiency disorder (IDD) was once endemic in parts of the United States until David Marine, an Ohio biologist, discovered the connection between iodine deficiency and goiter. His 1922 landmark study of Akron, Ohio, schoolchildren demonstrated that goiter could be prevented by adding small amounts of iodine to salt. By 1930, much of the salt consumed in America was iodized. By 1951, goiter had largely disappeared in the United States, along with other iodine deficiency disorders.

An ancient Nepalese tradition states, "You never steal salt from a neighbor." Consequently, salt is commonly stored outdoors where rain and sun can leach away protective iodine. This poses a problem for UN agencies trying to prevent iodine deficiencies in Nepal. Kiwanis International President Eyjolfur Sigurdsson (upper left) watches as a UNICEF representative tests salt used by a man with a goiter (center). The man says that his affliction was caused by something he did in a previous life. The town in which he lives is named Gola Kharka, which translates to "large throat."

The United Nations and the World Health Organization are working to pass laws requiring the use of iodized salt in all affected countries. You can help by contributing to fund-raising events sponsored by your local Kiwanis clubs, which are raising $75 million for iodization projects in 50 countries. The goal is to effectively eliminate IDD worldwide by the turn of the century.



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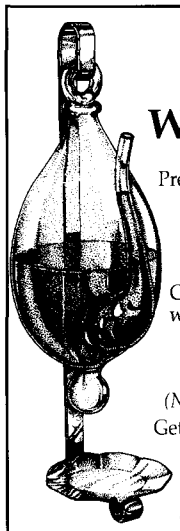

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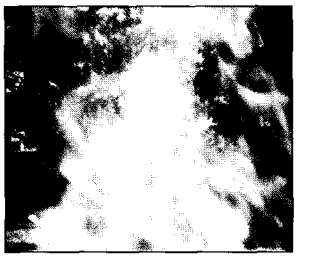

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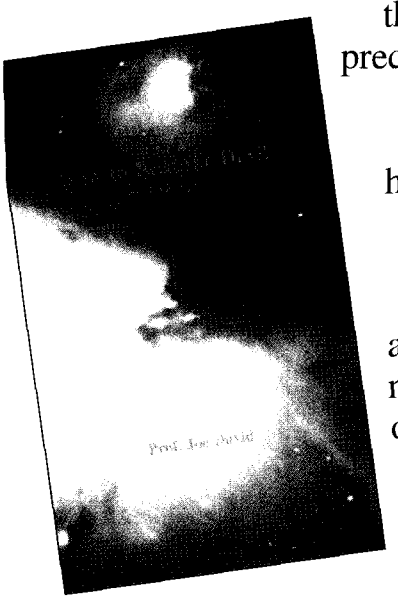

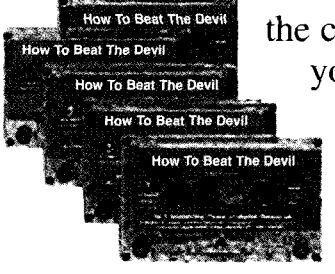

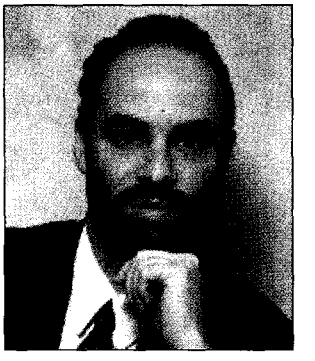

Dr. Joe David is a professor at the City University of New York, and an ordained member of the clergy. Joe has spent 30 years studying afterlife and his writings are all rooted in Biblical wisdom.

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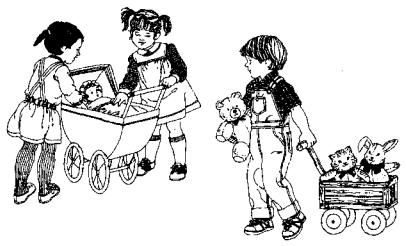

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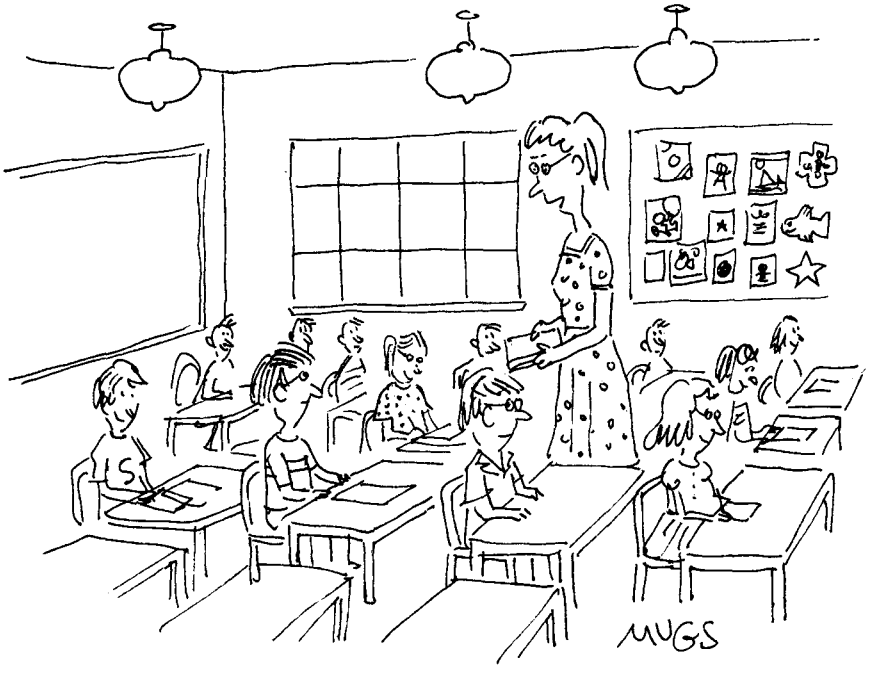

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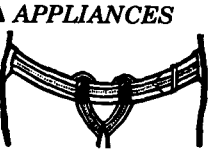

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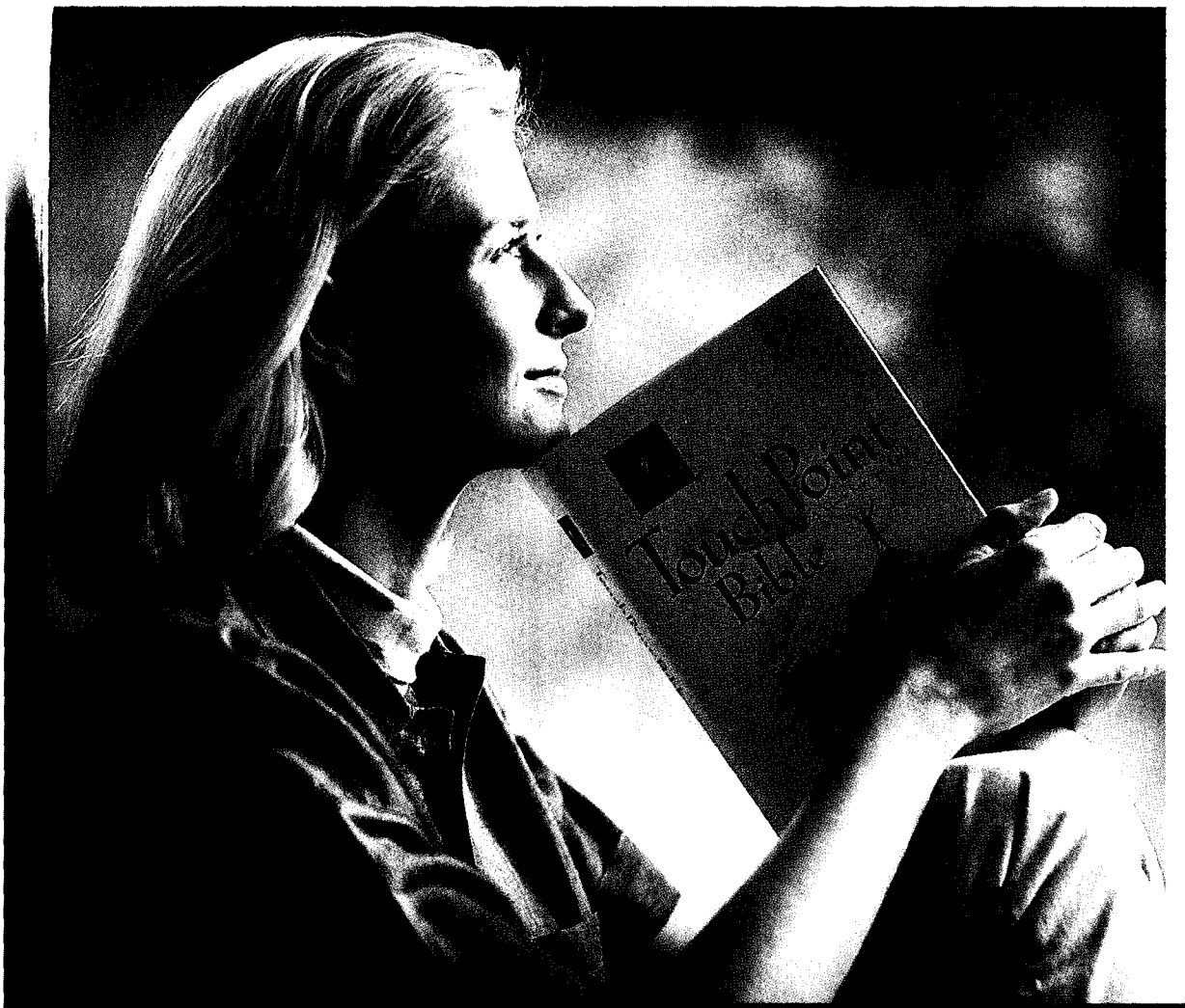

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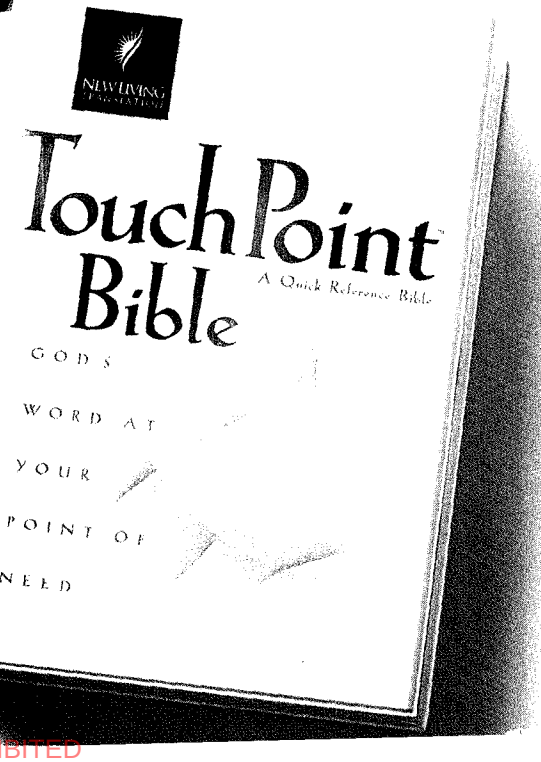

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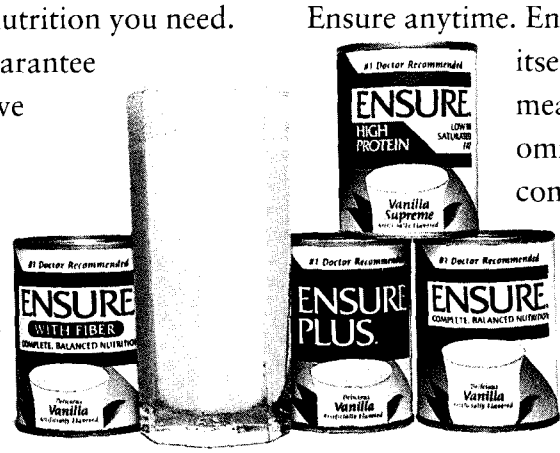

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